Newmarket News

Wednesday, July 25, 2012 www.newmarket-news.co.uk Part of the Cambridge News series 50p where sold

7-DAY TV GUIDE starts page 17

Pupils bid farewell to school **page 7**

INSIDE DON'T MISS YOUR 16-PAGE PROPERTY PULLOUT

Drama in the sky

Onlookers watch stunned as gliders collide above town – and then crash to the ground

ONLOOKERS watched in horror as two pilots cheated death in a dramatic mid-air glider crash.

They stood stunned as the aircraft plummeted from the sky after a collision over Newmarket on Monday afternoon.

Within seconds one quick-thinking pilot had ejected and managed to parachute to the ground at gallops, off Bury Road, sustaining minor head injuries as he landed.

The other crash-landed nearby and was not injured.

One of the pilots, Gerrard 'G' Dale of Lasham Gliding Society in Hampshire, who has more than 30 years' experience, said yesterday:

■ JENNIE BAKER and RACHEL ALLEN

"We are trained in how to deal with all the eventualities which might arise during a glider flight. When it happened, the training kicked in and it was like 'one, two, three, here we go' and after that it was really quite serene."

A group of four teenage boys were among the witnesses who

■ Turn to page 2

MIRACLE ESCAPE: One of the gliders crash-landed, above, while the other ended up in a tree
Pictures: Warren Gunn

Clubs get green light to keep on using school site

SPORTSMEN and women whose clubs faced an uncertain future at a former Newmarket middle school have been given permission to continue using its facilities for the moment.

▶ Full story – page 2

Horseplay is all part of the fun

JOCKEYS in the making raced on hobby-horseback during a Stetchworth nursery's annual sports day.

▶ Full story – page 5

Your Guide to entertainment

LOCAL shows, gigs, cinema news and gardening advice... all in The Guide

▶ Starts on page 15

PUZZLES GALORE – YOUR FOUR FANTASTIC PAGES START ON PAGE 42

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Roll up for circus skills

ROLL up to a free circus workshop in Newmarket tomorrow.

Newmarket Town Council's summer fun programme for families is kicking off in the Memorial Gardens with the workshop and an assault course.

A series of free events will be staged by the council on Thursdays between 2pm and 4pm in the gardens off High Street in the coming weeks.

The council is also holding a free kite workshop in the Memorial Gardens on Wednesday, August 1, between 11am and 2pm. All of the equipment needed for the workshop will be provided.

For more information, call Kay Dawson, events manager at Newmarket Town Council, on (01638) 667227.

Star auctioneer at fundraiser

A CELEBRITY auctioneer will be valuing antiques and collectables at a fundraising event in Newmarket.

David Palmer of television's *Flog It!*, *Bargain Hunt* and *Cash in the Attic* will charge £2 to examine an item during the Jubilee Year Valuation Day organised by the Friends of Oakfield Surgery.

The event taking place in a marquee in the grounds of the medical practice between 2pm and 5pm on Sunday, August 5, will be opened by Dr Simon Arthur, one of the surgery's founder members.

Shock as gliders collide

■ From front page

watched the drama unfold.

James Goodchild, 17, of Paddocks Drive, Newmarket, said: "We were in the park and we saw about 17 gliders just circling round and all of a sudden one of them nose-dived down and we thought it was doing a trick or something.

"It pulled back up but it looked like the tail had bent in or maybe snapped. It spun round and someone ejected."

Josh Logan, also 17, of Heathbell Road, Newmarket, added: "We just stood there at first thinking 'what on earth is going on?' We were gobsmacked.

"All we were thinking was 'I hope the pilot is OK'. I was running across the field just panicking, hoping he was OK.

"There were sirens everywhere. I have never heard so many sirens going off at the same time."

Both pilots were competing in the annual British Gliding Association Club Class championship, organised by Cambridge Gliding Centre in Little Gransden.

Richard Brickwood, member of the gliding centre and spokesman for the event, told the *News* that both men were now back on the airfield and the club would "carry on with the competition."

John Bramhill, a work rider for Newmarket's Godolphin yard, witnessed part of the incident.

He said: "It looked like two gliders clipped wings, and one of them sort of flipped backward. I think one of the pilots bailed out.

"I think one of the planes may have come down behind the yard. I didn't see the pilot land."

Air control staff at Cambridge Airport picked up the emergency call from the pilots.

Terry Holloway, deputy chairman of Cambridge Airport, said: "They sent an emergency message on the international distress frequency which we routinely monitor and so we were able to call out the emergency services and get the air ambulance to the scene straight away."

Police from Cambridgeshire and Suffolk were called to the crash and to help clear the wreckage.

A spokeswoman said: "We were called just before 4pm to reports that a parachute had been seen coming down near Snailwell in Cambridgeshire."

AT THE SCENE: Robert Green, with from left, James Goodchild, Josh Logan, and Daniel Owen, all 1; below right, the parachute belonging to the pilot who ejected
Pictures: Warren Gunn

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Clubs can keep on using school site

■ JENNIE BAKER

SPORTSMEN and women whose clubs faced an uncertain future at a former Newmarket middle school have been given permission to continue using its facilities for the moment.

The 350-member Newmarket Rugby Union Football Club (NRUFC), the St Philips and Newmarket badminton clubs, which have about 80 players between them, and Newmarket Joggers, which also meets at Newmarket Leisure Centre, could have been forced to find new facilities by the closure of Scaltback Middle School.

But the clubs will be able to continue using the sports hall and changing rooms in the main building once it is cleared in the autumn until the long-term future of the site is decided.

It comes following an agreement between Suffolk County Council and the Newmarket Sports Development Association (NSDA), which will manage the sports facilities.

The pavilion, which is currently leased by the NSDA, and the sports fields were already set to remain in use.

Cllr Lisa Chambers of Suffolk County Council, which owns the site said: "Where possible, the council is keen to provide existing sports groups with continued use of the site. We're very pleased to be working with the NSDA who have been involved with the site for many years to make this happen."

NRUFC and Anglia Community Leisure have put forward a joint proposal to take over the Scaltback site and turn it into a community sports and activity facility.

Neil Richardson, the NRUFC's chairman, said: "The councillors and officials at Suffolk County Council have fully recognised the importance of these facilities for the ongoing provision of rugby at Newmarket and I am pleased to say that we have had confirmation that these resources remain available to us while we continue with our application for the long-term use of the whole site."

The joint proposal would see ACL take over the school building initially and if funding is available, it would refurbish the sports hall and store to include sports courts, do up the changing rooms and create a training room and an indoor soft play area.

The NRUFC hopes to realign the outdoor pitches to increase the available space and refurbish and extend the pavilion.

A three-month Suffolk County Council consultation on the future of the Scaltback and St Felix sites, which have closed as part of the reorganisation of education in the county, concluded at the end of June and its preferred strategy for their use will be published in the coming months.

» in Brief

Car torched after burglars steal key

A FORD Focus was torched after it was stolen by burglars who took its ignition key and other valuables from a Mildenhall home.

Raiders got into the house in Trinity Avenue through an insecure window at about 4.20am on Sunday and stole the key, a BlackBerry Curve mobile phone, a digital photo frame as well as a holdall carrying an umbrella and fishing rods.

They used the key to steal the red car, which was discovered torched in Field Road in the town.

Two males wearing black clothing, black balaclavas and head torches who were of slim build are suspected of being involved.

Burglars got into a second house in Trinity Avenue at about 2.45am the same day but were disturbed by the residents' dogs and got away with a key.

Call Suffolk Police on 101 with the reference MH/12/1414 with any information about the crimes.

Racing Welfare to benefit from event

RESIDENTS of Racing Welfare accommodation in Newmarket are organising a table-top sale to support the charity.

A group of people living in the charity's Rous Memorial Court are staging the sale at the New Astley Club between 11am and 3pm on Saturday, August 11.

Ann West, one of the organisers, said: "We live in Racing Welfare accommodation; it's basically just a thank-you for all they do for all of us."

Among the items on offer at the sale will be jams and marmalades and new knitted toys and blankets, as well as nearly-new games, toys, books and bric-a-brac.

FLIPPED: The aftermath of the accident in Chippenham Picture: Keith Jones 846456

Chaos as car flips onto roof

A CAR flipped onto its roof after a collision in Chippenham, slammed into a parked car and shoved it into a house.

But the driver of the black Honda Civic, which ended up bonnet down in the High Street, escaped unharmed.

Graham Marsom's silver Volkswagen, parked outside his home, was pushed about eight yards onto the pavement and into his neighbour's wall by the impact.

The 65-year-old said the pavement was well-used, including by his neighbour and his neighbour's grandchildren.

He said: "Had they been walking across that pavement, they would have been mowed down by my car which was being pushed along by another car that was on its roof."

The Volkswagen is likely to be a write-off but Mr Marsom's neighbour's property suffered only damage to its paintwork.

He said he had been sitting inside his house when the accident happened and had not seen it take place.

Mr Marsom said the police officers and paramedics who had attended had been "helpful, sympathetic and polite" through the incident. He said: "The police and ambulance service were absolutely first class. They were very attentive, they were very efficient, they were calm."

The East of England Ambulance Service NHS Trust was called to the scene near the village hall at 11.21am and arrived within nine minutes and found there was no-one in need of treatment.

Cambridgeshire Police were called at 11.18am and arranged for the recovery of the car which was taken away just over an hour later.

The force appealed for anyone who saw the vehicles involved before the collision or the crash itself to get in touch on 101.

Obama at RAF base

AMERICA'S first lady will visit RAF Mildenhall this weekend.

Michelle Obama will greet American military families stationed at the airbase on the day she leaves the UK after a three-day trip.

The American airbase, home to the 100th Air Refueling Wing, has yet to confirm the time she will arrive and the duration of her visit on Sunday.

American president Barack Obama's wife, right, launched Joining Forces last year in a move to honour and support military families with Dr Jill Biden, wife of the country's vice-president, Joe.

Since the establishment of the USA-wide initiative, efforts have been made to rally the American population around military families and commitments to the cause have already been made by businesses, schools and faith groups among others.

As well as visiting RAF Mildenhall, Mrs Obama will attend a reception at Buckingham Palace hosted by the Queen for heads of states.

The lawyer and mother-of-two girls, Sasha and Malia, is travelling to Britain as the head of the presidential delegation for the Olympic Games and will be attending the opening ceremony in London on Friday.

She is also hosting an event to try to drum up the Olympic spirit in American military children and British and American students as part of her work to crack down on childhood obesity.

■ The *News* will be attending Mrs Obama's visit to the airbase so look out for some great pictures in next week's paper and online.

2,150 residents are at risk of flooding

■ JENNIE BAKER

MORE than 2,000 Newmarket residents are living in risk of flooding, a report has warned.

And a meeting has been called to stop filthy water overflowing from the No 1 drain and coursing through people's homes, as it did in the Sassoon Close area of the town in May.

Surface water flooding threatens 2,150 Newmarket residents and another 150 are vulnerable to river flooding, according to the Suffolk Local Flood Risk Management Strategy under development by a partnership involving local councils, Anglian Water and the Environment Agency.

The strategy, which has been put out for public consultation, outlines the partnership's proposals for combating flooding and gives people advice on how to protect themselves and report problems.

Cllr Guy McGregor, cabinet member responsible for roads and transport, said: "It is very important that we receive views on our strategy and action plan to help tackle flooding now and in future. We are taking the lead with other councils and Suffolk agencies on this very important matter but with limited funding we cannot possibly do it all alone."

The county council blamed the flooding in May on the build-up of litter in the No 1 drain and pledged to permanently clear the silt, sand and debris using machines within two months.

Cllr Lisa Chambers of Suffolk County Council said the authority spends between £25,000 and £50,000 a year dredging different parts of the drain system. She was speaking at a meeting of Newmarket Town Council earlier this month where the county council was asked to clear its section of the drain.

A site visit requested at the town council meeting was held at the No 1 drain on Friday, July 13, and was attended by residents, Suffolk County Council's flood manager and town councillor Warwick Hirst.

Cllr Hirst said: "We went and looked at where the flooding had occurred and Suffolk County Council is going to call the meeting in September of all the interested parties to get to the bottom of what is causing the actual flooding and what can be done, whether it is more cleaning, whether it is a holding area, but to try to get to the bottom of it so it so it never happens again. It was a really positive move."

A Suffolk County Council spokeswoman said the section of the No 1 drain that flooded was last cleared five years ago as part of a five year-long rota system and work to clear the drain will start at the Rayes Lane section on Monday.

County councils have been called on to prepare local flood strategies by the 2011 flood and water management act.

To view the strategy, visit *www.suffolk.gov.uk/floodrisk* or email *floods@suffolk.gov.uk*.

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Winners will be chosen exclusively by 'News' readers – full details of how to vote will be in a special supplement featuring all the pictures that will be published in the newspaper in September.

Cambridge News The Grafton Lifestyle Images

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Torchbearer looks to new cash drive

JENNIE BAKER

A MUM nominated to carry the Olympic Torch after staging a charity fun day is holding a second event next month.

Cheryl Scotland-Wigg, who carried the flame along Newmarket High Street on Saturday, July 7, said she had planned to hold another fun day on the Severals – but being chosen to take part in the torch relay had sealed the deal.

Cheryl, who lives in Barry Lynham Drive, Newmarket, said: "You have got this amazing thing of carrying the Olympic Torch because of a big thing you did, you can't just not do another one. It kind of hit the nail on the head for me – you have got to do it again so I am. It's great, it's hard work but I'm really looking forward to it."

Like last year, the event will be raising funds for the Foundation for the Study of Infant Deaths, a charity Cheryl chose because of the death of her friend Clare Farrant's seven-week-old son, Brandon, in March last year.

Cheryl, who is organising the event with a group of about 10 friends, said: "I still feel really strongly about the charity and I would like to do it again for another year for that charity."

LET'S DO IT AGAIN: Last year's event at The Severals. Left to right, Ewan Turner, Sandra Scotland, Cheryl Scotland-Wigg and Justin Wigg.

Newmarket's Ditton Lodge Primary School has already contributed £100 to the fundraising total and another £50 has been donated by Moulton Pre-School.

Cheryl said: "That makes me really smile that by doing a little thing people do go out of their way."

Visitors to the Severals between 2pm and about 6pm on Sunday, August 5, will be able to jump into zorb balls, take a penalty against a police goalie and listen to music from Lewis Mokler and Luan Hockley.

People can sign up for a fun run and enrol their pets in a dog show on the day. And there will also be the opportunity to ride a bucking bull, with the proceeds going to Racing Welfare.

To lend a hand, donate tombola prizes or lots for an auction taking place in September, call Cheryl on 07826 343455 or email *cherylscotland-wigg@hotmail.com*.

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Newmarket News

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in Brief

Appeal over lost bag

A SHOULDER bag has been lost in Newmarket.

The black bag containing two purses, £20 in cash, a mobile phone, a bus pass and keys was lost in Market Square at about 3.30pm on Thursday, July 5.

Its owner has appealed for the bag and its contents to be handed in to a police station.

Thieves take truck trailer

A MERCEDES lorry trailer has been stolen from a Mildenhall business.

Burglars forced their way into a compound in Leyton Avenue and broke into a business through a ground-floor window between 5pm on July 10 and 8am the next day.

They snatched keys from inside the premises and made off with the blue lorry trailer whose registration is W499 PSF. Call Pc 1689 Rebecca Gardiner on 101 with the reference MH/12/1328 if you saw anything suspicious.

RELAY FUN: Mini torchbearer Freya Moody CP

Olympic fever takes hold at nursery

JOCKEYS in the making raced on hobby-horseback during a Stetchworth nursery's annual sports day.

About 70 little ones took part in events including hurdles, the shot put and a torch relay race at The Old School House Day Nursery's Olympic sports day.

Children won medals for their hard work and their families raced in events of their own during the sports day and barbecue.

Nursery manager Lisa Weston said: "We had a wonderful afternoon. Olympic fever has really caught the imagination of the children. The excitement and determination was evident in their smiling faces; it was fantastic fun, a big thank-you to the children and staff for their hard work in planning the event."

SPORTING LIFE: Vito Adelizzi, above left, and above right, Eadie Brooker and Isabel Gash

Woman's 'instinct' helped calm horse

■ JENNIE BAKER

A PEDESTRIAN who grabbed the head collar of an out-of-control horse after it had charged into a Newmarket restaurant insists she was "not particularly brave".

The Newmarket resident, who did not want to be named, told the *News* she had been walking to work when she saw the horse flash past into the window of Turkuaz in Crown Walk just before 9am.

The woman, a secretary, said: "I don't think it was particularly brave; it was just instinctive."

She uncoiled the lead from around the 3-year-old bay's leg and spoke softly to her until the animal, which had run out of Induna Stables in Fordham Road as it was being led onto a horse walker for exercise, was collected.

The woman, who had ridden when she was younger but had not been on a horse for about 15 years, said: "I was coming into work. I could hear the thunder of hooves and thought 'poor thing, its running loose, it's going to be down the High Street, please don't let it hit anything' and the next thing, the horse gallops directly past me and crashes into the window.

"It was a hell of a bang so the impact was obviously quite sustained, despite the fact I could see from the skid marks it had tried to stop, and I just instinctively took hold of her in the hope that I could perhaps calm her a bit while she was stunned so that she would not panic and run out into the traffic."

The horse suffered cuts and bruises, including a wound to her chest which needed stitches. Trainer Chris Wall of Induna Stables said: "She is fine, doing well."

The lady said she would love to visit and Mr Wall said she would be "more than welcome".

Riderless horse smashes window

FLASHBACK: How the *News* reported on the incident on July 11

Crime 'down 13% in three months'

CRIME has fallen by 13 per cent in Suffolk in the last three months.

Almost 10,500 crimes were recorded in the county between April 1 and June 30 – 1,633 fewer than during the same period last year.

Suffolk Police said crime has been decreasing in the county for the last six consecutive years and these figures continue the trend, even though the force made savings of £5m last year.

The number of robberies recorded has dropped by 21 per cent, sexual offences fell by 8.1 per cent and crimes involving violence with injury decreased by 9.8 per cent.

Fewer domestic burglaries were cracked by Suffolk Police in this quarter but more robberies were solved than during the same three months in 2011.

Tim Newcomb, temporary assistant chief constable of Suffolk Police, said: "It is very pleasing to see that for the first quarter of this year, which we have entered having made substantial cuts to departments across the constabulary, crime has significantly dropped.

"We are working hard to ensure that while we strive to meet the large financial savings required of us, which amount to some £17.7m by 2014/15, we maintain a visible frontline policing presence and continue to keep our county safe."

He said many of the savings had been made through working with Norfolk Constabulary.

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Newmarket News

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If you have any feedback for us then please contact the relevant person or people listed below.

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Newmarket

TUCK into a big lunch and get advice on everything from benefits to books at a free fun day in Newmarket today.

Orbit East is inviting everyone to enjoy a hog roast and make smoothies and fruit kebabs at Brough Scott House between noon and 4pm.

Representatives from organisations including Racing Welfare, the Ipswich and Suffolk Credit Union, West Suffolk College, the Citizens Advice Bureau, the library and Newmarket Day Centre will be on hand to offer advice.

Information about the planned changes to welfare benefits will also be provided by Orbit East's income recovery team.

Visitors can get stuck into free activities including mosaic-making, riding a mechanical horse, mini pamper sessions and face-painting. A name-the-bear competition and a raffle for Racing Welfare will also be held.

David Leeves, head of community sustainability at Orbit East, said: "We are always very keen to encourage and promote partnership-working with external agencies. This event gives us an ideal platform to engage with the local community in a fun way while providing valuable advice on a host of relevant issues from various organisations."

Newmarket College

YOUNGSTERS can create a play at a three-day workshop in Newmarket.

During the epic adventure-themed course, participants will also get stuck into drama activities and games and will have the chance to paint scenery and make props.

The fourth annual create a play workshop will take place at Newmarket College between 10am and 4pm from today until Friday.

Families will be treated to a performance on the final afternoon.

Laura Cox-Watson, a freelance scriptwriter living in Fordham whose credits include *EastEnders*, *Casualty* and Radio 4, is running the course with her brother Malcolm Watson, a primary school teacher.

The course for 8- to 12-year-olds costs £60 and discounts are available for siblings.

For more information and bookings, call Laura on 07974 409228 or email *laura1978watson@mac.com*.

Memories

Share your old pictures with readers of the *Newmarket News*... just send them to the address in the panel on the far left or email them to us with your contact details

This week our Memories photo, from our archives, shows an audience of schoolchildren.
Do you have any idea where or when the picture was taken and what they were watching? Write to Newmarket News, 15 High Street, Newmarket, CB8 8LX or email *editorial@newmarket-news.co.uk*.
Last week's Memories photograph was a nice surprise for one reader – she spotted her son in the picture taken more than 40 years ago. Brenda Iason, from Newmarket, writes: "This picture is of the 2nd Newmarket Scouts, taken 41 years ago (1971).
"The four boys in the picture are my son Glenn Iason in the driving seat with, from left, David North, Nigel Pindar and Paul Woods who was the youngest aged 10 and still a Cub Scout at the time.
"The pedal-powered car was built by the boys to be entered in the National Scoutcar races.
"This event took place on Brighton seafront and was attended by well over 100 other pedal-powered cars from all over England."

459913 / 332553

RACING NEWMARKET

Social news from the racing scene with **Howard Jones**

IT has been a quiet week this week. Well done to Michael Wigham winning a big race at Ascot; I'm sure the party is still going on.

It will be good to see Jack Mitchell back racing soon after a short time off with injury.

The lady jockeys are really out in force at the moment. Well done to Laura Pike for her win in Brighton the other day. Plus Laura seems to be the queen of Hungary and Jersey racing.

Who is going to win the top Newmarket lady jockey at the Horseshoes 2012 this year? As it is voted for on the night by all present we could get a surprise. I hear there is a strong contingent for Alice Haynes also.

Nomination forms will be out soon in this newspaper and also going out to the stables.

Tickets have now arrived so you can now start purchasing tickets for the Horseshoes 2012 held at Newmarket Racecourse on Saturday November 17. They are £50 and include welcome drink, dinner, coffee and some wine on the table. We have interest from all over the world in these awards.

A lot of tickets have already been reserved so do not miss out. A maximum of 230 tickets are available this year.

Congratualtions to Rachel Sands on her new TV career. Hopefully it will lead to *Hollyoaks* or *EastEnders*.

There's free racing at Newmarket Racecourse on Friday. Make sure you go for a great night out - although you need to book your tickets. First race is at 5.40pm.

The Racing Newmarket team will be playing on August 18 against Kent's finest team. They will be going racing first and then coming on to play us in the early evening. A new recruit to our side is Shane from Jane Chappel Hyams's yard

We still need sponsors for the rear of the football shirts and future match sponsors – it looks like next year we will be entering into the Celebrity 6 tournament also, hopefully a ladies team to take on stars like Tulisa's all-star team.

If you also want to sponsor an award for the Horseshoes, get in touch. Call me on 07909965211 or email me at *howardjones13@hotmail.com*.

ON STAGE: From left, Rebecca Stinks, Grace Stoneham, Toma Krugeleviciute, Chris Offley, Sophie Caruana and Kyle Belton in the final St Felix show
Pictures: Richard Patterson 845425

Staff and pupils bid farewell to St Felix

JENNIE BAKER

HUNDREDS of balloons have been released to mark the closure of a Newmarket middle school.

St Felix pupils, parents and others scribbled messages on luggage labels which were tied to balloons the colour of the school's sweatshirts and released on Friday, the last day of term.

The school, closing as part of the reorganisation of education in Suffolk, also staged its final annual show last Wednesday.

The St Felix Factor told the school's story since its establishment in 1974 with the help of songs, dances and sitcom sketches to match the decade, including snatches of Abba, *Fawlty Towers*, Michael Jackson and *The Vicar of Dibley*.

Tim Young, who joined the school in 1977 and was its headteacher for more than 20 years, said: "The school has always been very strong on drama and performance and a big element of the life of the school has always been the Christmas show, so it seemed an appropriate way of celebrating the end. So we didn't have one last Christmas, we saved it for now."

Mr Young, who rejoined the school in 2008 as its head of English three years after retiring, said: "I think I will remember the togetherness, the joint enterprise and that the people who came always seemed to be in the same mould as the people who left.

"It was set up in the first instance by a group of people who cared about children and I think everybody has followed in the same vein since."

While he could understand why middle schools were being closed, he said he believed it was a mistake. He said children that age were old enough to carry out basic tasks but were still enthusiastic about everything which middle schools could capitalise on.

He said St Felix would continue and its legacy was visible in the bands made up of current or former students whose abilities had been nurtured during their time at school.

Mr Young said: "That's the legacy of this school, and perhaps of middle schools. They introduced people to their strengths, they sought out pupils' strengths and encouraged them."

UP AND AWAY: From left,Sue Senior, former head Tim Young, Julia Frost, Jane Harding and head Greg Sadler with some of the pupils at the balloon release
845871

END OF AN ERA: St Felix Middle School
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Deaths

SUMPTON. Ruby passed away peacefully on Wednesday, 18th July, 2012, aged 92 years. Much loved mother, mother-in-law, grandmother and great-grandmother. Sadly missed. Funeral service at St Andrew's Church, Isleham on Thursday, 26th July, 2012 at 3.30pm, followed by committal at West Suffolk Crematorium. Family flowers only, but donations, if desired, for St Andrew's Church, Isleham (cheques payable to Isleham PCC) may be left at the service or sent to C. E. Fuller & Co, 23 Hall Street, Soham, Cambs, CB7 5BN. Tel:01353 720439.

Remember and share your thoughts of a loves one or friend with your personal entry.

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Sign the guest book and post your personal message for death notices in today's paper and from the past 30 days.

Find the online death notice listing and a link to the Guestbook at: www.cambridge-news.co.uk/announcements

TAKE AIM: Cousins Kieran Edgeworth, left, and Zack Edgeworth get hands on with a machine gun. Above, just two of the many people enjoying the sunshine

Pictures: Richard Patterson 846116/846115

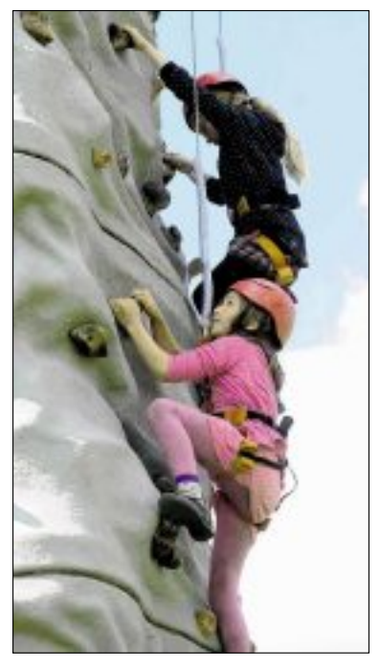
Crowds gather for park lark

FAMILIES turned out in Mildenhall on Saturday to indulge in a lark in the park.

The Jubilee Fields were filled with attractions from vintage cars to a surf simulator and a climbing wall, and a stage hosted live music and performances from the 2011 festival of culture.

Visitors could wander around the Mildenhall Craft Fair, try their hand at crayfish fishing and little ones could have fun with face paints and arts and crafts activities.

The event was organised by Mildenhall Parish Council with the support of Forest Heath District Council.



DANCE AWAY: Kats Dance Company in action. Right, wall climbers show off a head for heights. 846112/846114.

Pioneering prison plan set for national launch

JENNIE BAKER

A WORK experience programme for Suffolk prisoners is set to be rolled out across Britain.

The Making Ground scheme operating at three prisons in the county, including HMP Highpoint near Newmarket, is designed to help offenders at the end of their sentences re-integrate into society.

The scheme, launched in June last year, gives prisoners classed as low-risk the chance to get training and work experience while finishing off their jail sentences, and helps them rebuild their self-esteem.

Six Highpoint inmates will carry out a three-day community tidy-up in Red Lodge this month as part of the programme run by May Gurney, which works with councils and utility companies in areas including highways maintenance and street lighting.

Jason Benham, who was the first inmate to join the Making Ground scheme and is now its leader, said: "We are delighted with the success of this scheme, which has helped a number of offenders in Suffolk take the first steps back into paid employment at the end of their sentences.

"This type of work experience is vital in helping offenders build their skills and get used to a work environment, and plays a key role in helping rehabilitate them back into useful roles in society.

"We are delighted to be working with May Gurney in introducing this scheme across the UK, particularly given the success of the trial projects in Suffolk."

A former Highpoint prisoner who gained a streetworks qualification while in jail has been offered work experience for two months with different May Gurney teams.

Mr Benham attended a job club at HMP Hollesley Bay and wants to place two prisoners with May Gurney on a work experience basis.

He will also be offering Hollesley Bay and Blundeston inmates help with interview skills and their CVs during monthly job clubs.

May Gurney said comparable projects have cut reoffending rates by almost 100 per cent against the national average and early signs show Making Ground will do the same.

CAKE TIME: Organisers Fiona O'Neill and Karen Newland, centre, at their tea party at Mandeville Hall in Burwell in aid of Cancer Research UK

Picture: Richard Patterson 846066

Tea and cakes for charity

GUESTS tucked in to finger-thin sandwiches, scones with jam and cream and homemade cakes at a charity afternoon tea party.

A team of friends organised the event at the Mandeville Hall in Burwell to raise funds for Cancer Research UK.

Lots of local businesses had lent a hand by donating raffle prizes and treats for the tea on Saturday afternoon.

New chapter for libraries – but no change for users

RESPONSIBILITY for the running of Newmarket Library will be given to a new body next week – but users have been told they shouldn't notice any difference.

The Suffolk's Libraries Industrial and Provident Society (IPS) will take control of the 44 libraries in the county, as well as the school, mobile and prison services, on August 1.

Suffolk County Council developed the model to save the libraries service, which it still funds and maintains overall responsibility for providing.

In a joint statement, the council and the IPS said while libraries have closed, cut opening hours or swapped paid staff for volunteers at other locations in the UK, paid staff in Suffolk's libraries will carry on working.

They said library-goers will see no change in the quality of the service they receive and some should start opening longer within 12 months as the IPS works with community groups.

Cllr Judy Terry, cabinet member responsible for libraries at Suffolk County Council, said: "The future of all of Suffolk's libraries is secure. That is something I am immensely proud and pleased to be able to say. By creating an IPS to take the service forward, we've found a way of saving money, opening up new funding opportunities and given community groups a real say in how the service is delivered."

Shona Bendix, chairman of Suffolk's Libraries IPS, said: "Suffolk's Libraries IPS has a very strong and very clear aim – to do what's best for the future of the service. This fundamental principle is what's driving all of us to do what we can to make sure our much-loved libraries are able to flourish and continue to be well-used for decades to come.

"What has been quite clear in the last seven months is the unwavering dedication that so many people have to their local library. It's exactly that commitment and enthusiasm that we want to harness for the good of the communities we will be serving."

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in Brief

£2,000 of tools stolen

TOOLS worth more than £2,000 were stolen from a works van in Mildenhall.

The equipment, which included specialised plumbing tools, was taken from the van in Robin Close between Friday, July 13 and the following day.

Call the police on 101 with the crime reference MH/12/1383 with any information about the crime.

BMW gone from drive

A BMW was stolen from a Red Lodge driveway.

Thieves took the black BMW M5 estate from Thyme Close between 8pm on Thursday, July 19 and 11am the next day.

Call them on 101 with the reference MH/12/1399 if you saw or heard anything suspicious.

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Paint experts happy to help

ADVERTISEMENT FEATURE

THERE'S still time to give your home a make-over this summer, so make the most of the warmer weather and longer hours of daylight before the autumn, and brighten your rooms with a lick of paint.

For a great selection of colours to suit all tastes, turn to a reliable family-run business. The Newmarket Paint Company was established 11 years ago by father and son team John and James Palmer, whose expertise in paint go back three generations, as John's father was also a colour mixer. John himself had been running his own business for 20 years, so naturally his son James had learnt a lot about the paint trade, and the two decided to open a new venture together.

The company sells paints directly to customers from its shop, as well as to trade clients, and its products are stocked in shops across the country and in France. It also does a lot of work for sports centres and squash courts using its particular brand of specialist paint approved by England squash and racketball, and excitingly the company's products will be played on in the World Masters this month in Birmingham.

If you've got a particular colour in mind, or want to copy the exact tone of an item of furniture for your walls, take advantage of the Newmarket Paint Company's colour match service. John and James are passionate about performing this service by eye, which they maintain is the most accurate method. All paints are made and mixed on site, to your exact colour specifications. The squash court paint is approved by England Squash and Racketball and the product will be played on in the world masters this month in Birmingham.

EXPERTISE: From left are Danny Driver, John Palmer and James Palmer

With years of experience between them, they have plenty of advice about painting concerns, such as an unusual or difficult surface, so just ask. The father and son team pride themselves on their excellent customer service, and offer the personal touch by keeping your unique colours on record so further batches can be easily produced.

Visit the Newmarket Paint Company at Unit 5, Studlands Business Centre, Newmarket. For more information call (01638) 660262 or alternatively visit *www.newpaint.co.uk*.

NEWMARKET PAINT COMPANY: Studlands Business Centre site is well worth a visit

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Hospice fears a donations drop

■ JENNIE BAKER

A HOSPICE fears a new textile recycling scheme will cause donations to its charity shops to plummet.

St Nicholas Hospice Care is appealing for people to keep giving it clothes and textiles following the introduction of the Suffolk Waste Partnership (SWP)'s recycling scheme.

The trial scheme involves residents putting clothing and other textiles in a bag provided by the SWP, which is made up of county, district and borough councils, and placing it inside their recycling bin on top of the other rubbish.

The material will be sorted by a reprocessing company into reusable items and material for shredding.

Barbara Gale, chief executive of the hospice, said: "We need people to keep donating their clothes and textiles to the hospice.

"As well as donations of items we can sell in our shops we accept donations of old and worn clothing and footwear because these can also earn the hospice income.

"We have many loyal customers who regularly donate their unwanted clothing items to the hospice and I hope they will continue to do so.

"We want to emphasise that we accept everything – even if you think it belongs in a bin please donate it to the hospice."

Donations of textiles and clothing raise almost £500,000 a year for the hospice, which last year supported 653 patients in the West Suffolk and Thetford area.

The SWP said they would urge people to continue donating to charity shops and the scheme will allow people to recycle items like old and worn clothing some charities may not accept.

They said the material they want to recycle is the roughly 7,000 tonnes of textiles going to landfill a year which cost taxpayers more than £600,000 in disposal fees.

Cllr Peter Stevens, chairman of the SWP, said they would encourage people to support the trial scheme and they were delighted to broaden the range of things they can collect for recycling.

He said: "However, I would like to remind people that they are certainly not being asked to give away any textiles and clothing they would normally donate to charity shops or place in charity textile banks. Our ultimate aim is solely to collect and recycle the textiles that are currently going straight to landfill – this is the area we need to tackle."

Donations can be made to the hospice charity shops during opening hours and to the hospice retail centre in Boldero Road in Bury St Edmunds at all times.

For more information about the SWP and the textile recycling scheme, visit *www.greensuffolk.org/recycling/suffolk-waste-partnership-2/*.

TAKE HEART: left to right, Lauren Riding, Maxine Burgess and Alex Mayera. CP

Torch bearer boosts BHF cash

FAMILIES queued up to hold an Olympic torch and helped raise more than £700 for charities.

Maxine Burgess, who ran part of the Ipswich leg of the relay route on Thursday, July 5, visited Newmarket Leisure Centre with her torch for five hours during Saturday, July 7 and Monday, July 9.

Hundreds of people made donations to have a photo taken with Maxine, an award-winning triathlete from Exning, and her torch.

The British Heart Foundation has been handed a cheque for £543 and £180 has been donated to Anglia Community Leisure's disability pool hoist fund.

Maxine, who will be running and cycling for Great Britain in the World Duathlon Championship, said: "Running a leg of the torch relay was a fantastic experience, one of the best things I have ever done. This event has given hundreds of people the chance to share my experience, hold a real Olympic Torch, be part of the Olympic build up and raise some much-needed money for charity."

Alex Mayera of the British Heart Foundation said: "The generosity of the public has been fantastic and the interest in the Torch has been amazing.

"We at the heart foundation would like to thank Maxine and Newmarket Leisure Centre for making this happen and raising so much money to help keep more hearts beating in Suffolk."

» in Brief

Tools theft warning

TOOLS worth more than £2,000 have been stolen from a van in Mildenhall.

The haul, which included specialised plumbing tools, was taken from the van in Robin Close between July 13 and the following day.

Police have called on drivers not to leave valuables in their vehicles overnight.

Call the police on 101 with the crime reference MH/12/1383 with any information.

Window smashed

VANDALS have smashed a Mildenhall shop window.

The business in Market Place was targeted between 5.30pm on Saturday, July 14 and 9.30am the next day.

Call police on 101 with the reference MH/12/1363 if you saw anything suspicious.

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Whatever drew us together is still there

ORDEAL: Rosemary Westwell says she is determined to be positive despite her husband's battle with dementia Picture: Keith Heppell

The 'fun, gregarious' man Rosemary married was stolen from her cruelly young by early-onset dementia. But, decades later, she still hasn't given up on her husband. 'Whatever drew us together is still there, somewhere' she tells ALICE RYAN

LOCKED in her car, heart hammering in her chest, Rosemary Westwell felt sick with fear. In the middle of the night, her husband John had suddenly turned on her: convinced he meant to do her harm, Rosemary fled the house with nothing but a dressing gown and her car keys.

"I didn't even feel safe on the drive, so I parked on the road opposite the house. I didn't take my eyes off my daughters' bedroom windows. I knew if a light came on I'd have to find the courage to go back in. . .

"John was behaving like a lunatic. He'd turned the radio on full blast at midnight: loud enough to wake the neighbours, never mind the children. I staggered into the room, said: 'You! Turn that off! Now!' and he just rose up, like a raging bull.

"It was terrifying. I really believed he was going to hurt me. I went into that 'fight or flight' mode – and I flew."

Then 46, John was displaying the spiralling symptoms of Pick's disease: an early-onset form of dementia. It now appears he'd been battling it since his mid-30s.

First John became tetchy, then started to lose focus at work. Next he developed epilepsy – having frightening grand mal seizures – followed by bouts of depression, memory loss, confusion and increasingly bizarre behaviour.

"He'd walk off down the street in his pyjamas; I recall once having a confrontation because he was insistent on taking a wheelbarrow with him," says Rosemary, 65. "I can remember, clear as anything, standing at the sink one day and thinking: 'This is like living with a madman'."

Shortly after Rosemary spent the night in the car, John was sectioned. That was more than 20 years ago, and, now 66, he has been in hospital or care ever since.

Nowadays John can't walk, talk or feed himself. He is doubly incontinent and his body is severely contorted, into an almost foetal shape.

"It's the kind of thing you wouldn't wish on your worst enemy," Rosemary says. "It's like torturing someone – especially someone like John, so bright and with so much to give. It turns them, quite literally, into a gibbering idiot, and does it slowly, so they must, at points, be aware of what's happening to them. I don't think anything could be more cruel."

Rosemary – a semi-retired teacher with five degrees to her name – has just written a novel based on her life with John: called *John, Dementia and Me*, it is, she explains, designed to raise awareness of both the illness and the need for better support for sufferers and their families.

"There were times when I felt very much alone," she explains. "Carers need real, immediate and direct support in the home, as soon as they are aware there's something wrong with their loved one.

"They don't need to fill in endless forms or attend meeting after meeting: they don't have time for that, because they're trying to stop their loved one pulling the phone out of their hands, or walking out the door, or hurting themselves."

Rosemary and John met in the early 70s. Raised in Tasmania, Rosemary came to the UK in 1971 'to explore': 'I intended to spend six months in England, six in France, six in Canada. But I never got farther than England. . ."

"We actually met at a Young Conservatives meeting," Rosemary laughs. "I wasn't particularly conservative at all, but, being a young girl, I wanted to get out and about. I was talking to a friend and this moustachioed pommy came over, took over the whole conversation and whisked my friend off to

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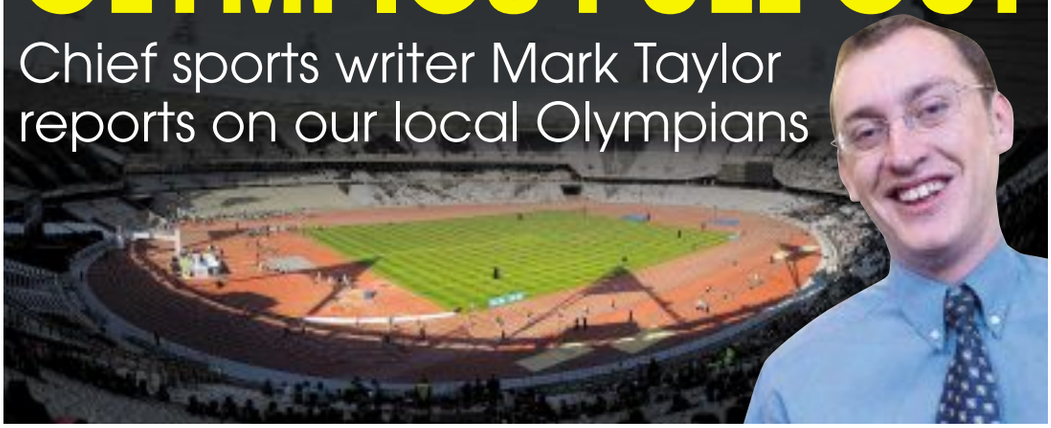
Chief sports writer Mark Taylor reports on our local Olympians



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HAPPIER TIMES: Rosemary and John Westwell with their children, Jenni and Susie

play mini golf."

Three weeks later the couple were engaged. "I thought: 'Well, you know, life will be very interesting with this fellow'. It wasn't a big, gushy, romantic love. But whatever it was, it seems to have worked: we're still together, after all these years. And there's still something between us. Even now, I believe John recognises me."

The Westwells married in 1974, had their first daughter, Jenni, in 1977, and moved to Witchford – where Rosemary still lives in the family home – in 1978.

"I can remember this one moment, sitting out the front waiting for John to come home from work, when I thought: 'I'm so lucky. I've got a husband I love, a lovely little toddler and another baby on the way' – I was heavily pregnant with Susie, our youngest, at the time.

"Not long after that I got the phone call to say John had collapsed. That was really the beginning."

John, then a rep for an agricultural company, had already had problems at work, over-writing reports and seeming unable to apply his usual focus. "I got this call from Peterborough hospital to say: 'We've got your husband here and he's unconscious'," recounts Rosemary. "I had a toddler and a huge bump; it was really quite frightening.

"I got to the hospital and he was coming round every half hour to be sick, then going unconscious again."

Diagnosed with epilepsy, John went on to have a series of grand mal seizures over the next few years: "I can see why, in medieval times, they thought people were being possessed by spirits: that's exactly what it looked like. His eyes would roll back in his head, his teeth would grit, his body would go totally rigid.

"He also became depressed. He'd sit here in this chair all day long without moving and I'd kind of bring up the girls around him."

Forced to give up his career as a rep, John took a job in a local factory. But even that proved untenable long-term. "He'd come home and say things like: 'Someone left me a carrot. They're leaving me carrots'. In some ways, it was like having a third child."

It was on a trip to visit Rosemary's family in Australia in 1988 that dementia was first suggested: "John went to see a doctor over there, following a seizure, and the GP said: 'That's happening in the frontal temporal lobe: it could be early-onset dementia'.

"In a way I was relieved. I was afraid our marriage was the problem. To know it wasn't our marriage, that there was something medically wrong, was somehow easier to cope with."

A remarkably strong character, Rosemary says she was determined to hold the family together. By then the breadwinner, working full-time as a teacher, she was also busy bringing up her two little daughters. "I didn't have time to dwell. In fact I think I'm only facing up to what happened now.

"I never allowed myself to think 'poor me': where does that get you? Occasionally I allow myself a little weep in the car, but that's it. I'm an old Tasmanian battleaxe. . ."

But by the time John was sectioned, in 1992, Rosemary had reached the end of her tether. Jenni and Susie were then in their teens: "I tried to involve them as much as I could, so they'd understand. I explained that when I sounded cross with their father, when I was being firm, it was the illness I was fighting, not him."

Following her husband's admission, Rosemary herself developed breast cancer (now, thankfully 'all sorted'). Jenni's eldest daughter, Elisabeth, now 14, was diagnosed with brain cancer as an eight-month-old baby; she is still battling the disease now. And Rosemary's father lost his life to bowel cancer.

"In 1996 all those things were happening. There is part of you that thinks: 'What next?' but I was determined to be positive: I carried on teaching, set up a choir. . . I knew John was going down; I didn't want to go under too."

Rosemary, also a keen blogger, says she had to fight to secure funding for John's care; a recent judgment means the authorities should now fund his care for the rest of his life.

"When that news came through, I felt like I finally got myself back. It felt like a huge weight had been lifted. I stopped being a wife, a mother, a carer, a teacher – and started being me again."

Now in Heron House, a specialist care home in March, John is visited by Rosemary once a month. Seeing him so diminished, a shadow of his former self, isn't easy. "He was so full of fun, always cracking jokes. And he was constantly quoting Oscar Wilde: he had a saying for every occasion. I relied on him: he was my dictionary and my encyclopaedia; he knew everything, just about. He was very gregarious, loved being the centre of attention. If he knew he was being written about in the paper, he'd be delighted. To see him now, the complete opposite of the way he was . . . well, it's cruel, isn't it?"

Rosemary says she has never considered looking for a new partner. "There is still something left of our relationship: whatever drew us together is still there, somewhere. I have lots of male friends, all platonic, but I could never be disloyal. I couldn't do that to him.

"We got married for better, for worse. There are times when I've thought: 'It shouldn't be like this: I should have my husband here, supporting me through life'. But I still think there's something of the old John in there, even if it can't get out.

"When I accepted his proposal, all those years ago, I thought our life would be exciting. Well, it's not quite been the excitement I had in mind – but I can honestly say there's never been a dull moment."

■ **Rosemary's novel, *John, Dementia and Me*, is out later this year. To find out more, or pre-order a copy, email *rjwestwell@ hotmail.com***

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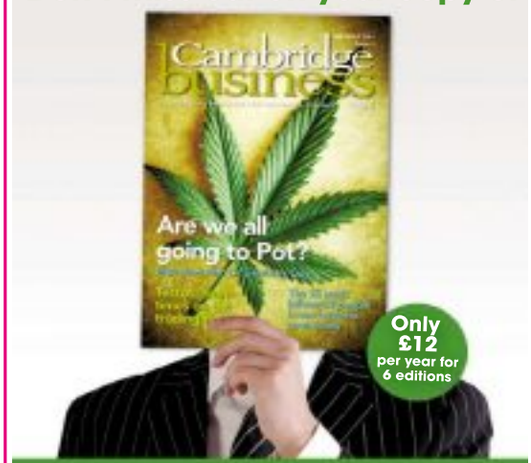

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An actor's life for me

DEAR DOCTOR: Robert Powell, right, with *Doctor in the House* co-star Joe Pasquale

Stage and screen fave Robert Powell tells LIZZY DENING about being Jesus, the secret to a happy marriage – and why he found *Holby City* 'terrifying'

THERE'S no doubt about it, Robert Powell is an intimidating man. Perhaps you can expect nothing less of an actor who has played such roles as Jesus Christ, the CEO of Holby General and now a fearsome surgeon in comedy favourite *Doctor in the House* at the Cambridge Arts Theatre.

The 68-year-old and I don't get off to the best of starts and he answers my initial questions with barked, short replies. When I ask if he's fond of the city, I get: "How can you not like Cambridge?"

As for whether he misses the squeaky-clean corridors of *Holby*, he simply says: "No, not at all." Before relenting slightly with, "Well, I miss the guys I was working with."

Happily, before it all turns too frosty we move on to the role which brought him to the attention of the British public, *Jesus of Nazareth*, who he played in Franco Zeffirelli's blockbusting 1977 mini-series, and he settles into a cheery anecdote.

"I hadn't been considered for the role at all. Lots of names had been floated: De Niro, Hoffman, Al Pacino, although I think I was the only one who was offered it."

He tails off, before apologising: "Sorry, a lovely bassett hound just came to say hello."

"How nice – yours?" I inquire, pleased to hear a softer side to his voice. A blunt : "No."

I take a deep breath, and turn back to Jesus. He adds: "I was asked to do a screen test with a wig and a false beard, and I remember eventually walking away, picking up the payphone in the corridor, calling my agent and saying: 'I think we can forget about that one, it was really silly.'

"When I was offered it I didn't say yes for four days. I had severe doubts: with Jesus you can't scour the heights, the most you can hope for is to get away with it.

"On the other hand, if you're offered the role, you also can't say no."

Of course he didn't, and the success of the TV programme led to numerous other roles; in everything from *The Thirty Nine Steps*, to cop spoof *The Detectives*, with Jasper Carrott.

"I quite like serious drama with laughs," he tells me, and he's currently enjoying working alongside Joe Pasquale, who he describes as: "Lovely, very charming. Very silly, which suits me."

Originally from Salford, the father of two began his education with a law degree, before pulling out to pursue a career in drama. He admits he was lucky in terms of his parents' reaction: "In retrospect, if I'd been my own parents, I would have been absolutely terrified. They didn't quite know what I know now – it's a profession you really don't want to go into. The odds are so stacked against you, you can survive, but that's about it."

Thankfully for his stress levels, his grown-up children Barney and Kate have avoided the limelight, although his son does indulge in amateur dramatics, which his father encourages ("He's very good").

In his own life, however, Powell is a risk-taker at heart: "That's how *Holby* came about. The original contract was for a year [he eventually stayed on for six] which was terrifying. I'd never worked on anything for so long, but I liked the challenge of having six lines of character description and turning him into a full human being."

So it's no surprise that his next choice of role is equally off piste: "I'm going into *Singin' in the Rain* in the West End. I went to see it and was entranced, it's a very, very good show. The first few rows get soaked, but they know in advance. In fact they pay over the odds for those seats; it's strange."

While an all-singing, all-dancing show might be a departure from his career track, it's one which would be well suited to his wife of 37 years, Babs Lord, who was originally one of Pan's People on *Top of the Pops*.

I wonder if her dance skills have rubbed off on her husband at all, but he assures me they haven't: "We made a pact some years ago: she realised it's fruitless trying to get me to dance."

To make any marriage, let alone one in the public eye, work for so many years is impressive, but according to Powell, it's all about having a "particular kind of wife".

"Paul and Linda McCartney said they never spent a night apart," he says incredulously, "which I think is utterly creepy. I think holding hands unless you're 18 is creepy too. Marriage is a partnership and ours works; it's a blessing not to live in each other's pockets."

Which isn't something they could be accused of, with Babs undertaking numerous adventures without her partner, including sailing around the world for a year.

Powell has his own interests too, which he lists as: "Sport, family and work. I'm not sure in which order, it varies."

A die-hard Manchester United and cricket fan, his quality of life has been vastly improved by Sky Sports. His voice softens as he talks fondly about it, with the same reverence he addressed the bassett hound; a tone he is perhaps less ready to share with journalists.

■ **Doctor in the House, Cambridge Arts Theatre, until Saturday, July 28. Tickets £15-27. Contact: (01223) 503333 / *www.cambridgeartstheatre. co.uk.***

Leisure or events news? email jennie.baker@newmarket-news.co.uk phone (01638) 662581

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Stellar cast for classic Christie tale

FEATURING an all-star cast, Agatha Christie's classic thriller *Murder on the Nile* will be at Cambridge Arts Theatre for one week only from July 30 – August 4. Onboard a steamer cruising along the Nile, honeymooning couple Simon and Kay find themselves pursued by an old flame of the newly-wedded groom. Things take a turn for the worst when tragedy strikes – a body is discovered and all fingers point to the ex-fiancée. With a crime needing to be solved it falls to holidaying cleric, Canon Pennefather.

He soon becomes drawn into a web of intrigue and deceit as he finds himself on the trail of a ruthless murderer. Written in 1944, *Murder on the Nile* was adapted by Christie from her earlier novel, *Death on the Nile*.

The Agatha Christie Theatre Company is a regular visitor to Cambridge Arts Theatre and has enjoyed considerable success with earlier productions. Previous offerings include *Verdict*, *Witness for the Prosecution* and *The Unexpected Guest.*

The company is well-known for attracting some of the best of the country's acting talent and this year includes, Kate O'Mara (*Bad Girls* for ITV), Denis Lill (*Season's Greetings*) Susie Amy (*Footballer's Wives*), Chloe Newsome (*Coronation Street*) and Mark Wynter (*Witness for the Prosecution*).

■ **Murder on the Nile, Cambridge Arts Theatre, July 30 to August 4. Tickets are from £15. Contact (01223) 503333 / *www.cambridgeartstheatre.com.***

Fast footwork...

NICE MOVES: Newmarket Millenium Youth Theatre in rehearsals for *Footloose* Picture: Keith Heppell 846776

MORE than 40 young people are bringing *Footloose* to Newmarket after just eight days of rehearsals.

The Newmarket Millennium Youth Theatre (NMYT) production based on the 1980s film will explode onto the stage at the Kings Theatre on Monday with anthems including *Holding Out for a Hero* and *Almost Paradise*.

Footloose, directed by Wallace Wareham and Gail Baker, tells the story of city boy Ren who brings dance back to Bomont, a small town struck by tragedy.

Rehearsals kicked off on Sunday and will be continuing from 10am to 10pm until the day before the opening.

As well as mastering the music and dances, the cast of 42 13- to 19-year-olds is also painting the set and props and helping with the lighting and costuming.

Gail said the production was probably going to be one of the best NMYT summer school shows yet. She said: "They are so enthusiastic, exhaustion just goes out the window. You say 'do it again' and off they go.

"They are really working very hard and it's excellent; we are on track."

Performances will start at 7.30pm between Monday and Saturday, August 4. A matinee will also take place at 4pm on the final day.

Tickets cost £12 and concession tickets priced at £10 will be available for the opening night and the matinee.

To book, call the box office on (01638) 663337.

Players' double celebration

THE acclaimed Festival Players are celebrating this Olympian and Jubilee year with a 38-date alfresco summer tour of one of Shakespeare's most popular comedies, taking the show from Fife in Scotland to the Scilly Isles – as well as performances in London, Belgium, the Netherlands and Norway.

The *Twelfth Night* tour will head to Cambridgeshire for its sole performance in the county tomorrow at the striking 12th century fortified manor house of Buckden Towers, in Buckden near Huntingdon.

Known for their kooky take on literary classics, the Festival Players – who delighted audiences at Anglesey Abbey last summer with their excellent ad-lib take on *The Canterbury Tales* – are in their 27th year of touring outdoor Shakespeare.

Just six actors will play all the roles, involving some swift costume changes. *Twelfth Night* dates from around 1601 and centres on Viola who, parted from her twin brother Sebastian in a shipwreck, disguises herself as a man and enters the court of Duke Orsino, and is pressed into service to take his messages of love to the bereaved and unimpressed Lady Olivia.

Meanwhile, characters such as Sir Toby Belch and the pompous Malvolio lend comic relief to the sub-plot.

Michael Dyer, artistic director of The Festival Players, says: "Ours will be a colourful and lively take on the play where a girl disguises herself as a man to be near the Count she adores, only to be pursued herself by the woman the Count loves."

■ **Twelfth Night, Buckden Towners, Huntingdonshire, tomorrow at 7.30pm. Tickets for the show are available on 01480 810344 priced £12 (£10 concessions). For further information, go to *www.buckden-towers.org.uk.***

Cinemas

Times for Fri, July 27 until Thu, August 2. All times are PM unless otherwise stated.

CAMBRIDGE VUE
0871 224 0240
www.myvue.com
Pirates! In an Adventure with Scientists! (U): Fri-Thu 10am
Dr Seuss' The Lorax (3D) (U): Fri-Thu 9am, 11.10am, 1.15
Dr Seuss' The Lorax (2D) (U): Fri-Thu 8.50am, 10.30am, 1, 3.15, 5.30, 7.45
Malayalam Screening: Thattathin Marayathu (12a): Sun 4 Tues 7.30
Ted (15): Wed 9.30am, 12.10, 3, 6, 6.45, 7.30, 8.30, 9.15, 10, 11, 11.40 Thu 9.30am, 12.10, 3, 6, 6.45, 7.30, 8.30, 9.15, 10, 11
The Dark Knight Rises (12a): Fri 9.40am, 10.15am, 11am, 12.40, 1.10, 1.50, 2.30, 3.20, 4.20, 4.50, 5.25, 6, 8, 8.30, 9, 9.30, 10, 10.45, 11.30 Sat 9.40am, 10.15am, 11am, 12.40, 1.10, 1.50, 2.30, 3.20, 4.20, 4.50, 5.25, 7, 8, 8.30, 9, 9.30, 10, 10.45, 11.30 Sun 9.40am, 10.15am, 11am, 12.40, 1.10, 2.30, 3.20, 4.20, 4.50, 5.25, 6, 7, 8, 8.30, 9, 9.30, 10 Sun 9.40am, 10.15am, 11am, 12.40, 1.10, 2.30, 3.20, 4.20, 4.50, 5.25, 6, 7, 8, 8.30, 9, 9.30, 10 Mon-Tues 9.40am, 10.15am, 11am, 12.40, 1.10, 1.50, 2.30, 3.20, 4.20, 4.50, 5.25, 7, 8, 8.30, 9, 9.30, 10 Wed-Thu 10.15am, 11am, 12.40, 1.50, 2.30, 3.20, 4.20, 5.25, 6, 8, 9, 9.30, 10
The Dark Knight Rises (12A): (over 18 showing): Sat 6 Mon 6
Ice Age: Continental Drift 2D (U): Fri-Tues 9.10am, 11.25am, 1.40, 4, 6.15 Wed-Thu 9.20am, 11.40am, 2.10, 4.40
Magic Mike (15): Fri-Sat 6.40, 9.15, 11.50 Sun 6.50, 9.20 Mon 6.40, 9.15 Tues 4.30 Wed 6.40,9.15, 11.50 Thu 6.40, 9.15
The Amazing Spider-Man 2D (12a): Fri-Sat 9.30am, 12.35, 3.40, 8.45, 11.45 Sun 9.30am, 12.35, 8.45 Mon 9.30am, 12.35, 3.40, 8.45 Tues 9.30am, 8.45 Wed-Thu 9.30am, 12.35, 3.40
Senior screening: Red Lights (15): Tues 1
Subtitled performances: The Dark Knight Rises (12A): Sun 1.50 Tues 6

CAMBRIDGE Cineworld
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The Dark Knight Rises (12A): Fri-Sat 10.15am, 11am, 12noon, 1, 1.45 (subtitles Fri), 2.30, 3.30, 4.30, 5.15, 6, 7, 8, 8.45, 9.30, 10.30 Sun-Tues 10.15am, 11am, 12noon, 1, 1.45, 2.30, 3.30, 4.30, 5.15, 6, 7, 8, 8.45 Wed-Thu 10.15am, 11am, 12noon, 1, 2.30, 3.30, 4.30, 6, 7, 8
Dr. Seuss' The Lorax [3D] (U): Fri 11.50am, 2, 4.10, 6.20, 8.30 Sat 12noon, 2, 4.10, 6.20, 8.30 Sun-Thu 11.50am, 2, 4.10, 6.20, 8.30
Dr. Seuss' The Lorax (U): mon 10.50am, 1, 3.10, 5.20 Tues 10.50am, 1, 3.10, 5.20, 8.30 Wed-Thu 10.50am, 1, 3.10, 5.20
Ice Age 4: Continental Drift [3D] (U): Fri-Sun 11.20am, 1.40, 4.05, 6.30, 8.55 Mon 11.20am, 1.40, 4.05 Tues 11.20am, 1.40, 4.05, 6.30, 8.55 Wed-Thu 11.20am, 1.40, 4.05, 6.30
Ice Age 4: Continental Drift (U): Fri 10.30am, 12.50, 3.15 Sat 12.50, 3.15 Sun-Tues 10.30am,12.50, 3.15 Wed-Thu 10.30am, 12.45, 2.55 (subtitles Thu)
Magic Mike (15): Fri-Sat 5.35, 8.05, 10.45 Sun-Mon 5.35, 8.05 Tues 5.35 Wed-Thu 8.05
Seeking A Friend For The End Of The World (15): Fri-Sat 10.40 Sun-Thu 9.30
Detachment (15): Fri-Tues 7.30, 9.40
The Amazing Spider-Man (12A): Fri-Tues 11.35am, 2.35 (subtitles Mon), 5.35, 8.40 Wed-Thu 5.10, 8.10
Katy Perry: Part Of Me (PG): Fri 10.40am Sun-Thu 10.40am
Puss In Boots (U): Sat 10.10am
Alvin And The Chipmunks: Chipwrecked (U): Sat 10am
Pirates! In an Adventure with Scientists! (U): Sat 10.05am

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Ted (15): Wed-Thu 10.40am, 1.15, 3.50, 6.25, 9
The Dark Knight Rises (12A): Fri-Thu 10.15am, 12.45, 1.45, 4.15, 5.15, 7.45, 8.45
Dr. Seuss' The Lorax [3D] (U): Fri-Thu 11.20am, 1.30, 3.40, 5.50, 8
Dr. Seuss' The Lorax (U): Fri-Tues 10.10am, 12.20 Wed-Thu 10.10am
Ice Age 4: Continental Drift [3D] (U): Fri 10.30am Sun-Tues 10.30am
Ice Age 4: Continental Drift (U): Fri 11.15am, 1.30, 3.45, 6 Sat 1.30, 3.45, 6 Sun-Thu 11.15am, 1.30 (subtitles Sun and Thu), 3.45, 6
Magic Mike (15): Fri-Sun 8.15 Tues 8.15 (subtitles)
The Amazing Spider-Man (12A): Fri-Tues 2.30, 5.30 (subtitles Mon), 8.30 Wed-Thu 8.30
Puss In Boots (U): Sat 10am
Alvin And The Chipmunks: Chipwrecked (U): Sat 10.10am

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Snow White and the Huntsman (12A): Mon 10.30am
The Artist (PG): Mon 7.45
Salmon Fishing in the Yemen (12A): Tues 7.45
A Royal Affair (15): Wed 7.45

BURY ST EDMUNDS Cineworld
0871 200 2000
Ted (15): Wed-Thu 11am, 11.50am, 1.20, 2.20, 3.40, 4.40, 6, 7.10, 8.20, 9.20
The Dark Knight Rises (12A):Fri-Tues 10.30am, 12noon, 1, 2, 3.30, 4.30, 5.30, 7, 8, 8.50 Wed-Thu 10.30am, 1, 2, 4.30, 5.30, 8.50
Dr. Seuss' The Lorax [3D] (U): Fri-Thu 11.45am, 1.50, 4.10, 6.20, 8.30
Dr. Seuss' The Lorax (U): Fri-Sun 10.50am, 1.10, 3.15, 5.10, 7.20 Mon 10.50am, 1.10, 3.15, 5.10, 7 Tues-Thu 10.50am, 1.10, 3.15, 5.10, 7.20
Ice Age 4: Continental Drift [3D] (U): Fri-Tues 11.15am, 1.30, 3.45, 6, 8.40 Wed-Thu 1.30, 6, 8.40
Ice Age 4: Continental Drift (U): Fri-Tues 10.20am, 12.30, 2.40, 4.50 Wed-Thu 11.10am, 3.45
Magic Mike (15): Fri-Tues 7.05, 9.30 Wed-Thu 9.30
The Amazing Spider-Man (12A): Fri-Sun 11.10am (subtitles Sun), 2.10, 5, 8.10, 9.20 (subtitles Sun) Mon 11.10am, 2.10, 5, 8.10 Tues 11.10am, 2.10, 5, 8.10, 9.20 Wed-Thu 11.10am, 2.10, 5, 8.10
Puss In Boots (U): Sat 10.10am
Alvin And The Chipmunks: Chipwrecked (U): Sat 10.20am
Pirates! In an Adventure with Scientists! (U): Sat 10am

The big film

DR SEUSS' THE LORAX (3D & 2D)
Certificate U, 1h26m

BASED on the book of the same name, *The Lorax* is the environmentally-conscious story of one boy's noble quest to restore balance between avaricious mankind and Mother Nature.

It's a timely message in light of a recent report by the Organisation for Economic Cooperation and Development, warning that by 2050 global greenhouse gas emissions will far exceed levels deemed safe by scientists.

Nurture that cheery thought as you watch the film's computer-animated hero risk his life in breathless action sequences to plant a tree. And while it might galvanise young audiences into action, this is primarily escapist entertainment melding comedy, mystery and a hint of pre-teen romance.

Twelve-year-old Ted Wiggins (voiced by Zac Efron) lives in the carefully controlled utopia of Thneed-Ville with his mother (Jenny Slate) and feisty grandmother Norma (Betty White).

Town mayor Aloysius OHare (Rob Riggle) provides the residents with all they need including blissful sunshine. Eveything, that is, except for real plants which are manufactured in a factory.

Ted pines for the girl next door, Audrey (Taylor Swift), who tells him what she wants to see more than anything in the world is a real tree growing in thebackyard of her home.

So the smitten lad seeks out a hermit called the Once-ler (Ed Helms), who apparently knows why all of the Truffula trees disappeared from Thneed-Ville. In exchange for 15 cents, a nail and the shell of a great, great, great grandfather snail, the Once-ler recounts how he inadvertently devastated the lush landscape for generations to come and summoned the legendary guardian of the forest known as The Lorax (Danny DeVito).

Through these reminiscences, Ted realises the mayor doesn't want real trees restored to Thneed-Ville because the miracle of photosynthesis would jeopardise his lucrative oxygen supply business. Aware of the perils that lie ahead, Ted resolves to bring green back to Thneed-Ville and win Audrey's heart.

Dr Seuss' The Lorax is rendered in lurid, sherbetty hues that radiate off the screen. Indeed, the film is so bright you feel like donning sunglasses and SPF 25 rather than cumbersome plastic 3D specs, which seem obligatory nowadays.

Efron and Swift's honey-toned voices perfectly fit their cutesy characters, while the animators let their imaginations run amok in scenes of pre-deforestation Thneed-Ville: marshmallow-guzzling bears tumble acrobatically through the air to doo-wops from a barbershop trio of fish.

DeVito's furry, orange voice of conscience continually reminds anyone who will listen that the world can't heal itself. Underlying messages of unity and self-sacrifice for a greater good are admirable, drizzled with mawkish sentimentality to sweeten the pill.

Danger lurks among the shrubs

by Hannah Stephenson

SCHOOL'S out for summer – and despite the wet weather, many children will be enjoying the freedom and fresh air that the garden offers.

You may have already considered pond safety for toddlers and the need to put potentially lethal garden tools out of reach, but curious children may also put flowers or leaves into their mouths which are poisonous, while uninformed gardeners may brush against something which sets off an allergic reaction.

Many plants give off their own warning signs. Some have an unpleasant taste which reduces the likelihood of a dangerous quantity being eaten, while others just do not look edible.

Of course there are the usual suspects to watch out for including monkshood (also known as aconitum), which is extremely toxic.

Often planted under trees or spring-flowering shrubs at the back of a border, bearing tall spikes of helmeted flowers in blues and purples in the summer, all parts of the plant are poisonous and a skin irritant, causing burning of the lips and mouth, intense vomiting, diarrhoea and spasms.

Historically, monkshood was used by people to commit suicide by eating the leaves. Hunters in the Amazon rainforest also poisoned the tips of their arrows with it to kill animals.

Many of us have laurel in our gardens – it belongs to the family that includes apple, cherry, plum and almond. But be warned that when you chop your laurel hedge the sap gives off an unbelievably soporific effect and you may fall asleep.

Some people may suffer an allergic reaction from the sap of some plants, such as rue (Ruta), a low-growing plant with yellow flowers. Its herbal uses may become insignificant if you get sap on your skin, which in sunlight can cause a blistering reaction which can last for weeks.

Anyone who has been to the famous Poison Garden at Alnwick Castle and Gardens in Northumberland will have recognised some pretty common garden stalwarts there.

Hemlock, aquilegia, autumn crocus (colchicum autumnale), laburnum and hellebores are all common plants you might find in your garden or in a hedgerow, and all have different levels of toxicity.

The amount you would have to ingest to do real damage varies from plant to plant.

BEWARE: Hairs on the stems and the undersides of the leaves of the giant hogweed carry poisonous sap and can irritate the skin if brushed against

Beautiful but dangerous

- Glory Lily (Gloriosa superba) – A summer-flowering climber, producing red flowers with yellow tips. It's poisonous, particularly the corm.
- Foxglove (Digitalis) – Both the wild and hybrids produce tall spikes bearing bell-like flowers in a variety of colours, and are often grown in partial shade, reaching heights of up to 6ft. All parts of the plant are poisonous
- Dumb cane (Dieffenbachia) – This large-leaved houseplant is poisonous, while the sap can cause skin and eye irritation.
- Morning Glory (Ipomoea) – This lovely garden climber, with heart-shaped leaves and large, trumpet-like flowers, adorns many trellises and archways in summer, but it is also poisonous.
- Fremontodendron – In terms of bright yellow colours, the flowers of this Californian beauty are unsurpassed. It is called the flannel bush in its native land for the hairy undersides of its leaves, but it is a skin and eye irritant, so be careful when pruning.
- Woody Nightshade (Solanum dulcamara) – Most species of solanum are poisonous and this scrambling perennial is often found in hedgerows and on shingle beaches, with oval leaves and purple flowers with yellow stamens, flowering from May to September. The berries are red and poisonous while the rest of the plant is a skin and eye irritant.
- Sumach (Rhus verniciflua, R. radicans, R. succedanea) – This tree has extremely toxic sap. If you are taking one down, clean your saw afterwards.
- Giant hogweed (Heracleum mantegazzianum) – Brushing against this plant can leave you with large and very painful blisters

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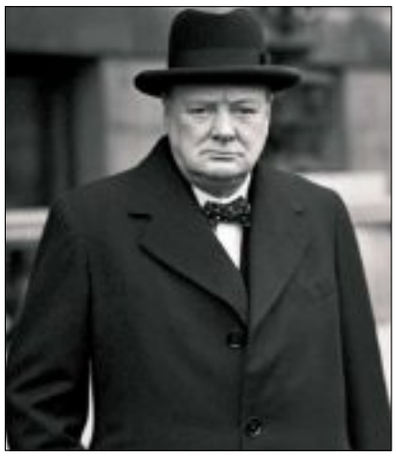
THURSDAY July 26

Main Channels

BBC1

6.00am Breakfast. (C) 35682268
9.15 Heir Hunters. (R) (C) 9250713
10.00 Homes Under the Hammer. (R) (C) 84404
10.58 BBC News; Weather. (C) 5776539
11.00 Cowboy Trap. (R) (C) 2883133
11.45 You've Been Scammed. (R) (C) 898220
12.13pm BBC News; Weather. (C) 4962317
12.15 Bargain Hunt. From the Mona Showground in Anglesey. (R) (C) 1615591
1.00 BBC News; Weather. (C) 88864
1.30 Regional News; Weather. (C) 20197779
1.45 Doctors. (C) 169220
2.15 Escape to the Country. A couple search for a property in Suffolk. (R) (C) 8970862
3.00 BBC News; Weather; Regional News. (C) 6598249
3.05 CBBC: Who Let the Dogs Out? (C) 4522862
3.30 Hacker Time. (C) 171
4.00 12 Again. (R) (C) 978
4.30 My Life. (R) (C) 862
5.00 London 2012: Countdown to the Olympics. Jane Hill presents coverage of the closing stages of the torch relay as it passes some of London's most famous landmarks. (C) 8794
6.00 BBC News; Weather. (C) 355
6.30 Look East; Weather. (C) 607
7.00 Olympics 2012. Great Britain v Senegal (Kick-off 8.00pm). Gary Lineker introduces coverage of the men's football Group A match at Old Trafford, Manchester, where the sides make their bow in the competition. Britain are coached by Stuart Pearce for this tournament and will also face Uruguay and the United Arab Emirates as they aim to finish in the top two in the group and reach the quarter-finals. Pearce can call on a squad of players aged under 23, augmented by three 'over-age' members, and will be hoping the selected stars from England and Wales can gel quickly against the Africans, having only gathered for one warm-up match against Brazil last week. Senegal were the last side to book their place in the tournament, needing to win a play-off against Oman in April to secure their progress. With analysis by Alan Hansen and Robbie Savage, and commentary by Jonathan Pearce and Mark Lawrenson. Plus, footage from Hyde Park on the arrival of the Olympic torch relay, and a look ahead to tomorrow's opening ceremony. (C) 447978
10.00 BBC News. (C) 349317
10.25 Regional News; Weather. (C) 413626
10.35 Absolutely Fabulous. Eddy rents out her house to a Hollywood A-lister for the Olympics – so Patsy insists she gets into shape to impress her high-profile guest. Jennifer Saunders and Joanna Lumley star. (R) (C) 469607
11.05 A Question of Sport Olympic Special. With Denise Lewis, James Cracknell, Sean Kerly and Sally Gunnell, who all claimed gold medals for Great Britain when competing at the Olympic Games in previous years. (R) (C) 403317
11.35 FILM: Millions (2004). Two boys find a bag of stolen money that has fallen from the sky, but have different ideas about what to do with it. Comedy drama, with Alex Etel and Lewis McGibbon. (C) 371930
1.10am Holiday Weatherview. (C) 8975805
1.15 Sign Zone: Bert and Dickie. (R) (C) 781282
2.45 Sign Zone: Countryfile. (R) (C) 4733602
3.35 Sign Zone: Britain's Heritage Heroes. (R) (C) 55604640
4.05 BBC News. (C) 727640



Pick of the day

The Churchills

Channel 4, 8pm
Winston Churchill's, pictured, biography of his ancestor John Churchill, the Duke of Marlborough, often gets left off his list of achievements. In this new series, historian David Starkey will argue that's a mistake – instead of being a 1930s equivalent of *Who Do You Think You Are?*, the work may be a key to understanding how Winston Churchill became such a great leader. After all, the two men shared more than just a surname…

The Big Sports Quiz – Boys v Girls

ITV1, 9pm
Paddy McGuinness and Charlotte Jackson are the team captains as Stephen Mulhern hosts a battle-of-the-sexes quiz, with Paddy joined by England goalkeeper Joe Hart, retired athlete Kriss Akabusi and former swimming champion Mark Foster, and Charlotte supported by Winter Olympic gold medallist Amy Williams, London 2012 hopeful Louise Hazel and former swimming star Karen Pickering.

BBC2

6.00am CBeebies: The Pingu Show. (R) 2740607 **6.10 Zigby.** (R) (C) 4259201 **6.25 Timmy Time.** (R) (C) 2752442 **6.35 Dirtgirlworld.** (R) (C) Chuggington: Badge Quest. (R) (C) 9224355 **6.50 Rastamouse.** (R) (C) 7027046 **7.00 CBBC: Deadly Top 10.** (R) (C) 38305 **7.30 Splatalot.** (R) (C) Shaun the Sheep Championsheeps. (C) 3072046 **7.55 League of Super Evil.** (R) (C) 5991607 **8.05 Frankenstein's Cat.** (R) (C) 5685065 **8.15 Pet Squad.** (R) (C) 5086012 **8.30 CBeebies: Nina and the Neurons Go Inventing.** (R) (C) 1022341 **8.45 Big & Small.** (R) (C) 6072846 **9.00 Tinga Tinga Tales.** (R) (C) 6351201 **9.10 Little Charley Bear.** (R) (C) 6380713 **9.20 Raa Raa the Noisy Lion.** (R) (C) 5664404 **9.30 Bob the Builder: Project Build It.** (R) (C) 5526751 **9.45 The Koala Brothers.** (R) (C) 4387978 **9.55 Lunar Jim.** (R) (C) Dipdap. (R) (C) 4376862 **10.05 Kerwhizz.** (R) (C) 8592084 **10.30 Driver Dan's Story Train.** (R) (C) 7522084 **10.40 Waybuloo.** (R) (C) 2756341 **11.00 In the Night Garden.** (R) (C) 2978 **11.30 Animal Park.** (R) (C) 3607 **12.00pm FILM: The Saint's Vacation (1941).** Detective adventure, starring Hugh Sinclair. (C) 32978 **1.00 To Buy or Not to Buy.** (R) (C) 5650125 **1.45 Show Me the Monet.** (C) 8653862 **2.30 Olympics 2012.** Spain v Japan (Kick-off 2.45pm) and United Arab Emirates v Uruguay (Kick-off 5.00pm). (C) 7716442
7.00 Coast. Exploring Britain's maritime stories, including the Great Storm of 1703 and how the timings of the D-Day landings were determined by RAF weather forecasters. (R) (C) 3591
8.00 Natural World: Tiger Island. A millionaire tries to save jungle tigers on the Indonesian island of Sumatra by capturing them, then setting them free on his own land – despite the dangers they pose to humans. (C) 9539
9.00 The Night Watch. One-off drama, following the love affairs of four Londoners throughout three stages of the 1940s. Anna Maxwell Martin, Claire Foy, Jodie Whittaker and Harry Treadaway star. (R) (C) 6171
10.30 Newsnight; (C) Weather. (C) 596881
11.20 FILM: A Running Jump (2012). A man's attempt to buy a car becomes complicated when he crosses paths with a rogue trader and his family. Mike Leigh's short comedy, with Eddie Marsan and Samantha Spiro. (C) 262607
11.55 Engineering Giants: Gas Rig Strip-Down. Tom Wrigglesworth and Rob Bell follow each step of the process as a gas platform is pulled from the North Sea and taken to Newcastle to be disassembled and recycled. (R) (C) 274442
12.55am The Culture Show. (R) (C) 4447824
1.25 BBC News. (C) 49391896
4.05 Close

Channel 4

6.15am The Hoobs. (R) (T) 7900171 **6.40 The Hoobs.** (R) (T) 4720423 **7.05 Freshly Squeezed.** (T) 8094751 **7.35 According to Jim.** (R) (T) 3099713 **8.00 Will & Grace.** (R) (T) 86201 **8.30 Everybody Loves Raymond.** (R) (T) 85572 **9.00 Frasier.** (R) (T) 19292 **9.30 Come Dine with Me.** (R) (T) 37423 **10.00 Come Dine with Me.** (R) (T) 60336 **10.30 Come Dine with Me.** (R) (T) 19256 **11.00 Come Dine with Me.** (R) (T) 7046 **11.30 Come Dine with Me.** (R) (T) 8775 **12.00pm Channel 4 News Midday Summary.** (T) 4964775 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 1431161 **1.05 Channel 4 Presents – London 2012: Jody Cundy Part III.** (R) (T) 65004997 **1.10 FILM: First Men in the Moon (1964).** Sci-fi adventure, with Lionel Jeffries, Edward Judd and Martha Hyer. (T) 44020268 **3.10 Countdown.** (T) 5335442 **4.00 Deal or No Deal: Gold Medal Deal.** (T) 1626 **5.00 Four in a Bed.** (T) 2997 **5.30 Come Dine with Me.** (T) 152
6.00 The Simpsons. Bart catches a highly contagious virus. (R) (T) 715
6.30 Hollyoaks. Phoebe disappears from the club. (T) 317
7.00 Channel 4 News. (T) 214607
7.55 4thought.tv. Short films in which members of the public share their thoughts on religious and ethical issues. (T) 734317
8.00 The Churchills. *See Pick Of The Day.* (T) 4607
9.00 Obsessive Compulsive Hoarder: The Big Clear Out. Follow-up to the documentary about Richard Wallace, whose hoarding made his home a virtual deathtrap, as his friend Andy Honey continues his efforts to make the property safe. (T) 7171
10.00 World's Maddest Job Interview. Conclusion of the experiment into how mental health affects employability. The eight volunteers face a gruelling day's work as the business experts test their practical skills. (T) 6819997
11.05 24 Hours in A&E. A five-year-old is brought in with severe burns after her skirt got caught in a gas fire, and a 61-year-old learns she may have to stay overnight after being scratched by her cat. (R) (T) 647249
12.05am Random Acts. (T) 9241195
12.10 Undercover Boss. (R) (T) 5478973
1.10 Knock-Out Scousers: True Stories. (R) (T) 2795737
2.20 A Short History of Everything Else. (R) (T) 1071350
2.50 Channel 4 Presents – London 2012: Jody Cundy Part III. (R) (T) 7688350
2.55 Can You Trust Your Bank? C4 Dispatches with Jon Snow. (R) (T) 2485176
3.25 Time Team. (R) (T) 3800553
4.20 A Short History of Everything Else. (R) (T) 3501060
5.15 Countdown. (R) (T) 2484824

Channel 5

6.00am Milkshake! Thomas & Friends. (R) (T) 61944930 **6.10 The WotWots.** (R) (T) 61968510 **6.20 City of Friends.** (R) (T) 61955046 **6.35 Jelly Jamm.** (R) (T) 79943268 **6.45 Peppa Pig.** (R) (T) 53112201 **6.50 Castle Farm.** (R) (T) 53133794 **7.00 Little Princess.** (R) (T) 1949626 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1938510 **7.20 The Mr Men Show.** (R) (T) 1925046 **7.35 Thomas & Friends.** (R) (T) 8587220 **7.45 Make Way for Noddy.** (R) (T) 8507084 **8.00 Fifi and the Flowertots.** (R) (T) 7070046 **8.15 Peppa Pig.** (R) (T) 4060046 **8.20 Peppa Pig.** (R) (T) 9033369 **8.30 Roary the Racing Car.** (R) (T) 7948572 **8.45 Bananas in Pyjamas.** (T) 3380201 **8.55 Milkshake! Monkey.** (R) (T) 7563620 **9.00 Igam Ogam.** (R) (T) 2711997 **9.15 The Wright Stuff.** 58662794 **11.10 Ultimate Police Interceptors.** (R) (T) 8776930 **12.10pm 5 News Lunchtime.** (T) 58583930 **12.15 Big Brother.** (R) (T) 8313249 **1.15 Home and Away.** (T) 1536862 **1.45 Neighbours.** (T) 1535133 **2.15 The Mentalist.** (R) (T) 8326713 **3.15 Chinese Food in Minutes.** (R) (T) 9839713 **3.20 FILM: A Stranger's Heart (2007).** Drama, starring Samantha Mathis. (T) 87841713 **5.00 5 News at 5.** (T) 9951978 **5.30 Neighbours.** (R) (T) 2297794
6.00 Home and Away. (R) (T) 2294607
6.30 5 News at 6.30. (T) 2285959
7.00 Half Built House. Sian Astley tries to remedy the mistakes made by a DIY enthusiast whose botched renovation project has turned his family's home in Eastbourne, East Sussex, into a building site; (R) (T) 5 News Update. (T) 6545607
8.00 Fred West: Born to Kill? New series. Psychologists and criminology experts analyse the personalities of some of the world's most infamous murderers, beginning with serial killer Fred West; (T) 5 News at 9. (T) 6554355
9.00 The Hotel Inspector. Alex Polizzi visits the Bellingham, a 33-bedroom Victorian hotel in Wigan whose inexperienced manager appears to be badly out of his depth. (T) 6534591
10.00 Big Brother. More from the house as the contestants compete in tasks, rant in the diary room and provide their own entertainment while obeying the *Big Brother* rules – or not, as the case may be. (T) 6544978
11.00 Big Brother's Bit on the Side. Fans' thoughts on the latest developments. 8100591
12.00am SuperCasino. 8712114
3.55 Nick's Quest. (R) (T) 39121195
4.20 Michaela's Wild Challenge. (R) (T) 57772331
4.45 Michaela's Wild Challenge. (R) (T) 54006027
5.10 House Doctor. (R) (T) 27317973
5.35 House Doctor. (R) (T) 99002027

ITV1

6.00am Daybreak. (T) 398978
8.30 Lorraine. (T) 9632794
9.25 The Jeremy Kyle Show. (T) 3410355
10.30 This Morning. (T) 57688
12.30pm Let's Do Lunch with Gino & Mel. Rav Wilding joins Gino D'Acampo and Melanie Sykes for a lunch menu including a chicken and bacon club sandwich, and viewers choose their favourite summer dessert. (T) 23607
1.30 ITV News and Weather. (T) 87143046
1.55 Anglia News and Weather. (T) 28682602
2.00 Murder, She Wrote. Jessica investigates the theft of a painting and the death of a friend's daughter. (R) (T) 63423
3.00 Secret Dealers. The experts battle it out for valuable Victorian items. (T) 1249
3.59 Anglia Weather. (T) 6554442
4.00 Midsomer Murders. Part one of two. The discovery of a woman's body in Midsomer Worthy's Raven's Wood prompts Barnaby to re-examine three similar killings in the village. Drama, with John Nettles. (R) 3084
5.00 Tipping Point. Quiz show, hosted by Ben Shephard, in which contestants answer questions to win turns on an arcade-style machine that releases tokens worth thousands of pounds. (T) 3862
6.00 Anglia Tonight; Weather. (T) 423
6.30 ITV News and Weather. (T) 775
7.00 Emmerdale. Jai decides he wants Rachel to keep the baby and goes to meet her before the appointment. Megan struggles to come to terms with the idea of Robbie leaving. (T) 4591
7.30 What Are Your Kids Up To?: Tonight. Fiona Foster questions how safe the internet is for children, with reports on sexual predators, online bullying and easily accessible pornography. (T) 959
8.00 Emmerdale. Rachel is left questioning what she really wants after Jai's revelation, while Katie tries to hide her disappointment that Robbie may be staying in the village. (T) 5369
8.30 Coronation Street. Sunita urges Karl not to give up on their relationship, and when a distraught Dev sees them together at the Bistro, he goes berserk and returns to the shop to drown his sorrows. (T) 9046
9.00 The Big Sports Quiz – Boys v Girls. *See Pick Of The Day.* (T) 6201
10.00 ITV News at Ten and Weather. (T) 99775
10.30 Anglia News and Weather. (T) 305201
10.35 The Talent Show Story. The history of TV talent contests, beginning with Susan Boyle discussing her breakthrough, and how Will Young beat Gareth Gates in *Pop Idol*. Narrated by Victoria Wood. (R) (T) 212317
11.35 Britain's Greatest Gold Medallists. A countdown of the 20 greatest British athletes of the past 100 years, as chosen by a panel of historians, journalists and broadcasters. (R) (T) 541626
12.30am Jackpot247; ITV News Headlines. 353319
3.00 What Are Your Kids Up To?: Tonight. The safety of the internet. (R) (T) 50391447
3.25 ITV Nightscreen. 6743466
4.35 The Jeremy Kyle Show. (R) (T) 7211195
5.30 ITV Morning News. (T) 39244

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 10.30 Local News and Weather. (T)

FRIDAY July 27

Main Channels

BBC1

6.00am Breakfast. (C) 35642640
9.15 Heir Hunters. A mining family's surprise windfall. (R) (C) 9227485
10.00 Homes Under the Hammer. Properties in Manchester, London and Airdrie. (R) (C) 86089
10.58 BBC News; Weather. (C) 5736911
11.00 Cash in the Attic. Jennie Bond and Jonty Hearnden help Karen Ross and her husband Malcolm raise funds to celebrate their silver wedding anniversary with a trip to Canada to visit relatives. (R) (C) 5911
11.30 You've Been Scammed. A woman who spent 15 years and thousands of pounds on a fraudulent psychology course, and how the authorities arrested a buy-to-let conman. Last in the series. (R) (C) 6640
12.00pm London 2012: Countdown to the Olympics. Having arrived from Greece on May 18, the Olympic flame has been carried around the UK for the past 69 days, with almost 8,000 bearers bringing the excitement of the Games to the thousands of well-wishers who turned out to greet them. Today the torch is making its final journey through the streets of London toward the Olympic Stadium, where tonight it will be used to light the cauldron – a sign that the 30th Olympiad has begun. Sophie Raworth and Jane Hill follow the final day of the relay, and look ahead to the opening ceremony and the 16 days of exciting sporting competition to follow. (C) 28331
1.00 BBC News; Weather. (C) 21599
1.30 Regional News; Weather. (C) 68997391
1.45 Bargain Hunt. Two teams visit Clydeside Antiques Centre in Glasgow, where they search for potentially profitable items with Keith Baker and Paul Laidlaw. Presented by Tim Wonnacott. (C) 401114
2.15 Escape to the Country. Denise Nurse helps a couple with 10-month-old twins find a home in Herefordshire with enough land to accommodate a smallholding, a business centre and the horses they plan to keep. (R) (C) 8947534
3.00 BBC News; Weather; Regional News. (C) 6558621
3.05 CBBC: Horrible Histories Sport Special. (R) (C) 3786319
3.35 12 Again. (R) (C) 5348973
4.00 My Life: Boxing Girls. (R) (C) 282
4.30 CBBC's Olympic Games Challenge. (C) 466
5.00 London 2012: Countdown to the Olympics. With four hours to go before the eyes of the world are focused on the East End of London, Sophie Raworth presents live coverage as excitement mounts in anticipation of an event not held in the UK since 1948. (C) 6850
6.00 BBC News; Weather. (C) 331
6.30 Look East; Weather. (C) 911
7.00 Olympics 2012 Opening Ceremony Countdown. Seven years after the announcement that the 2012 Olympic Games were to be held in London, the moment has finally arrived. One billion people are expected to be watching worldwide as an 80,000 capacity crowd fills the purpose-built stadium in the East End for the official start of the 30th Olympiad. This live programme follows the run-up to the ceremony, with BBC reporters capturing the atmosphere in the Olympic Park as crowds and dignitaries arrive to take their seats, and around the rest of the UK as people eagerly anticipate 16 days of sporting competition. (C) 81534
9.00 Olympics 2012 Opening Ceremony. *See Pick Of The Day.* (C) 6709398
12.30am Weatherview. (C) 4535041
12.35 BBC News. (C) 80062683

Pick of the day

Olympics 2012 Opening Ceremony
BBC1, 9pm
The countdown is over – now the ceremony begins with a show produced by *Trainspotting* and *Slumdog Millionaire* director Danny Boyle. The chime of the largest harmonically tuned bell in Europe is the cue for the cast of 10,000 volunteers to take the stage in a pageant about a land recovering from its industrial legacy. Sue Barker, pictured, Gary Lineker and Huw Edwards are among the presenters and commentators.

Coronation Street
ITV1, 7.30pm
Hour-long episode. Fiz invites Tyrone to Chesney's 18th birthday party, but Kirsty is furious when she sees them deep in conversation. Rob informs the factory workers they will have to stay late to rectify Kirk's mistake with an order, prompting an argument with an angry Gary. Lloyd fires Ryan after he leaves Kylie in charge of the switchboard, but Steve insists on giving him another chance in the hope of impressing Michelle.

ITV1

6.00am Daybreak. (T) 830756
8.30 Lorraine. (T) 9609466
9.25 The Jeremy Kyle Show. (T) 3487027
10.30 This Morning. Celebrity chat and lifestyle features, including a look at the newspaper headlines, and viewers' comments in the Hub with Matt Johnson. (T) 81640
12.30pm Let's Do Lunch with Gino & Mel. The hosts are joined by Olympic medal winner Fatima Whitbread, who helps prepare speedy minestrone soup. Viewers also get the chance to vote for their favourite chicken dish. (T) 48911
1.30 ITV News and Weather. (T) 87110718
1.55 Anglia News and Weather. (T) 52987814
2.00 Murder, She Wrote. Part one of two. Jessica sets out in search of a relative and ends up investigating a murder at a circus. (R) (T) 74756
3.00 Secret Dealers. Three dealers are invited to place bids on anything that catches their eyes in a silversmith's workshop, and there is a fierce battle for a George Adams canteen. (T) 2824
3.59 Anglia Weather. (T) 6521114
4.00 Midsomer Murders. Part two of two. The investigation into the murders in Midsomer Worthy continues. (R) 1331
5.00 Tipping Point. Quiz show, hosted by Ben Shephard. Last in the series. (T) 2718
6.00 Anglia Tonight; Weather. (T) 517
6.30 ITV News and Weather. (T) 379
7.00 Emmerdale. Rachel and Jai discuss their options, but the conversation is heading only one way – he will have to tell Charity the truth about the baby. Meanwhile, Carl's business is struggling, and to make matters worse, Jimmy admits he doesn't care if the company fails, and Robbie tries to convince Megan he is a changed man. (T) 3447
7.30 Coronation Street. *See Pick Of The Day.* (T) 92756
8.30 Vera. The detectives investigate two murders in which the victims have been placed in water and surrounded by flowers. Vera and sidekick Joe believe the culprit may be linked to a group of bird-watching friends, but despite their increasingly tangled and dysfunctional relationships, the twitchers seem determined to protect one another. Drama adapted from Ann Cleeves' novel *Hidden Depths*, starring Brenda Blethyn, David Leon, Gina McKee, Wunmi Mosaku, Paul Ritter and Neil Armstrong. (R) (T) 53282
10.30 ITV News and Weather. (T) 83373
11.00 Anglia News and Weather. (T) 459973
11.05 The Big Sports Quiz – Boys v Girls. Stephen Mulhern hosts, with team captains Paddy McGuinness and Charlotte Jackson joined by Joe Hart, Kriss Akabusi, Mark Foster, Amy Williams, Louise Hazel and Karen Pickering. (R) (T) 189027
12.05am Grimefighters. An extreme cleaner discovers a bathroom that has been used as a giant cat-litter tray, and the police help an enforcement officer remove a shipping container from a car park. (R) (T) 2386041
12.35 The Store; ITV News Headlines. 856935
2.35 FILM: American Graffiti (1973). Coming-of-age comedy drama, starring Richard Dreyfuss. (T) 465954
4.30 ITV Nightscreen. 28886
5.30 ITV Morning News. (T) 40577

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 11.00 Local News and Weather.

BBC2

6.00am CBeebies: The Pingu Show. (R) 2717379 **6.10 Zigby.** (R) (C) 4226973 **6.25 Timmy Time.** (R) (C) 2729114 **6.35 Dirtgirlworld;** (R) (C) Chuggington: Badge Quest. (R) (C) 9291027 **6.50 Rastamouse.** (R) (C) 7094718 **7.00 CBBC: Deadly Top 10.** (R) (C) 92640 **7.30 Splatalot;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 3049718 **7.55 League of Super Evil.** (R) (C) 5968379 **8.05 Frankenstein's Cat.** (R) (C) 5652737 **8.15 Pet Squad.** (R) (C) 9381224 **8.30 CBeebies: Nina and the Neurons Go Inventing.** (R) (C) 5327553 **8.45 Big & Small.** (R) (C) 5314918 **9.00 Tinga Tinga Tales.** (R) (C) 6328973 **9.10 Little Charley Bear.** (R) (C) 6357485 **9.20 Raa Raa the Noisy Lion.** (R) (C) 5631176 **9.30 Bob the Builder: Project Build It.** (R) (C) 9821963 **9.45 The Koala Brothers.** (R) (C) 4347350 **9.55 Lunar Jim;** (R) (C) Dipdap. (R) (C) 4343534 **10.05 Kerwhizz.** (R) (C) 8569756 **10.30 Louie.** (R) (C) 7599756 **10.40 Driver Dan's Story Train.** (R) (C) 3846640 **10.50 Waybuloo.** (R) (C) 6962307 **11.10 In the Night Garden.** (R) (C) 5730737 **11.40 Animal Park.** (C) 4043621 **12.25pm FILM: The Saint's Double Trouble (1940).** Detective adventure, with George Sanders and Bela Lugosi. (C) 7205911 **1.30 To Buy or Not to Buy.** (R) (C) 6288669 **2.15 Weakest Link.** (R) (C) 8945176 **3.00 Show Me the Monet.** (C) 5397282 **3.45 The Hairy Bikers' Food Tour of Britain.** (R) (C) 6037350 **4.30 Flog It!** (R) (C) 9873008 **5.15 Antiques Road Trip.** (R) (C) 5981242
6.00 Eggheads. (C) 973
6.30 Great British Railway Journeys. (R) (C) 553
7.00 Coast. A circular tour of the Irish Sea. (R) (C) 9621
7.30 The Great British Story: A People's History. Michael Wood explores how civil war split Britain in the 17th century, and examines the rise of movements such as the Levellers, which he believes helped forge modern-day democracy. (C) 65602
8.30 Gardeners' World. Rachel de Thame previews the gardens at the Olympic Park in London. (C) 4176
9.00 Snowdonia – A Year in the Wild. New series. Exploring Britain's National Parks from the points of view of people who live and work in them, beginning in Snowdonia in north Wales. Narrated by Hermione Norris. (C) 9602
10.00 BBC News; Weather. (C) 870089
10.30 Newsnight. (C) 17737
11.00 The National Lottery: 100 UK Millionaires. Coverage of the draw. (C) 486027
11.10 FILM: The Shipping News (2001). Drama, starring Kevin Spacey and Judi Dench. (C) 134553
12.55am FILM: Orchestra Seats (2006). Premiere. Comedy drama, starring Cecile de France. 273848
2.35 Close

Channel 4

6.00am Channel 4 Presents – London 2012: Helen Turner Part II. (R) (T) 1024992 **6.05 The Treacle People.** (R) (T) 2701718 **6.15 The Hoobs.** (R) (T) 7977843 **6.40 The Hoobs.** (R) (T) 4797195 **7.05 Freshly Squeezed.** (T) 2399963 **7.35 According to Jim.** (R) (T) 3066485 **8.00 Will & Grace.** (R) (T) 22669 **8.30 Everybody Loves Raymond.** (R) (T) 3640466 **8.55 Frasier.** (R) (T) 3287447 **9.30 Come Dine with Me.** (R) (T) 38718 **10.00 Come Dine with Me.** (R) (T) 71669 **10.30 Come Dine with Me.** (R) (T) 33896 **11.00 Come Dine with Me.** (R) (T) 8621 **11.30 Come Dine with Me.** (R) (T) 9350 **12.00pm Channel 4 News Midday Summary.** (T) 4931447 **12.05 Channel 4 Presents – London 2012: Helen Turner Part II.** (R) (T) 4930718 **12.10 A Place in the Sun: Winter Sun.** (R) (T) 6186814 **1.10 Quick Bakes with Eric Lanlard.** (R) (T) 65052534 **1.20 FILM: Cat Ballou (1965).** Musical comedy Western, starring Jane Fonda and Lee Marvin. (T) 52909176 **3.10 Countdown.** (T) 5302114 **4.00 Deal or No Deal: Gold Medal Deal.** (T) 9973 **5.00 Four in a Bed.** (T) 4553 **5.30 Come Dine with Me.** (T) 756
6.00 The Simpsons. (R) (T) 669
6.30 Hollyoaks. (T) 621
7.00 Channel 4 News. (T) 747737
7.55 4thought.tv. Short films in which members of the public share their thoughts on religious and ethical issues. (T) 208992
8.00 Phil Spencer: Secret Agent. A Cheshire couple's ingenious sleeping arrangements are putting buyers off, while a two-bedroom terrace in Lancashire is in need of attention on the outside as well as the interior. (T) 4534
9.00 The Million Pound Drop. Professor Green and Big Lew, Mark Foster and Rachel Riley, and Joe Swash and Jessica-Jane Clement work in pairs to win as much money as possible for charity. (T) 24456447
10.35 The Angelos Epithemiou Show. The host quizzes former footballer Paul Gascoigne and presents sidekick Gupta with a gift. (T) 278350
11.10 Friday Night Dinner. Comedy, starring Simon Bird. (R) (T) 937176
11.40 New Girl. Nick injures his back during a game of touch football, so Jess takes him to see a doctor. (T) 351992
12.10am Random Acts. (T) 4491645
12.15 FILM: Margot at the Wedding (2007). Premiere. Comedy drama, starring Nicole Kidman and Jennifer Jason Leigh. (T) 965022
1.55 My Name Is Earl. (R) (T) 1609225
2.15 Crash Bang Wallow. (R) 2945732
2.20 The Million Pound Drop. (R) (T) 9491747
3.40 St Elsewhere. (R) (T) 2526765
4.25 Deal or No Deal: Gold Medal Deal. (R) (T) 3577003
5.20 Countdown. (R) (T) 2432461

Channel 5

6.00am Milkshake! Thomas & Friends. (R) (T) 61911602 **6.10 The WotWots.** (R) (T) 61935282 **6.20 City of Friends.** (R) (T) 61922718 **6.35 Jelly Jamm.** (R) (T) 79903640 **6.45 Peppa Pig.** (R) (T) 53189973 **6.50 Castle Farm.** (R) (T) 53100466 **7.00 Little Princess.** (R) (T) 1916398 **7.10 Ben and Holly's Little Kingdom.** (R) (T) 1905282 **7.20 The Mr Men Show.** (R) (T) 1992718 **7.35 Thomas & Friends.** (R) (T) 8554992 **7.45 Make Way for Noddy.** (R) (T) 8574756 **8.00 Fifi and the Flowertots.** (R) (T) 7047718 **8.15 Peppa Pig.** (R) (T) 4037718 **8.20 Peppa Pig.** (R) (T) 7833981 **8.30 Roary the Racing Car.** (R) (T) 7915244 **8.45 Bananas in Pyjamas.** (T) 7943027 **9.00 Igam Ogam.** (R) (T) 2788669 **9.15 The Wright Stuff.** 58639466 **11.10 Ultimate Police Interceptors.** (R) (T) 8743602 **12.10pm 5 News Lunchtime.** (T) 58550602 **12.15 Big Brother.** (R) (T) 8373621 **1.15 Home and Away.** (T) 1503534 **1.45 Neighbours.** (T) 1502805 **2.15 The Mentalist.** (R) (T) 8393485 **3.15 FILM: The Wild Girl (2010).** Drama, starring Brian Austin Green. (T) 10185911 **5.00 5 News at 5.** (T) 9911350 **5.30 Neighbours.** (R) (T) 2264466
6.00 Home and Away. (R) (T) 2261379
6.30 5 News at 6.30. (T) 2245331
7.00 Cowboy Builders. Melinda Messenger and Dominic Littlewood help a Wolverhampton man whose plans to provide his wife with her dream home were ruined by an errant contractor; (R) (T) 5 News Update. (T) 6512379
8.00 Ice Road Truckers: Deadliest Roads. Ambitious rookies Tim Zickuhr and Tino Rodriguez challenge Hugh Rowland to a race down the 'Death Road' to Bolivia's main city La Paz, and Lisa Kelly refuses to let GW Boles drive; (T) 5 News at 9. (T) 6521027
9.00 Big Brother: Live Eviction. Brian Dowling reveals which of the nominees has proved least popular with the voting public. Plus, the latest action from the house. (T) 6501263
10.00 The Bachelor. The remaining contestants travel to Tuscany, where they are interviewed by two of Spencer Matthews' friends – before a masked ball leads to vicious accusations. (T) 6504350
11.00 Big Brother's Bit on the Side. Emma Willis and her guests discuss the latest eviction show, debating whether the public made the right decision. 8177263
12.00am SuperCasino. 8789886
3.55 Motorsport Mundial. 39198867
4.20 Michaela's Wild Challenge. (R) (T) 57749003
4.45 Michaela's Wild Challenge. (R) (T) 54073799
5.10 House Doctor. (R) (T) 27384645
5.35 House Doctor. (R) (T) 99079799

SATURDAY July 28

BBC1

6.00am Olympic Breakfast. Chris Hollins and Sian Williams present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 924206

9.00 Olympics 2012. Mishal Husain introduces coverage of the opening rowing and swimming heats, along with news from the men's cycling road race and the women's 10m air rifle. (C) 996288

11.30 Olympics 2012. Hazel Irvine presents further coverage of the opening day of rowing and swimming heats, and the latest updates on the men's cycling road race. (C) 60138

1.00pm BBC News; Regional News; Weather. (C) 13897175

1.15 Olympics 2012. Jake Humphrey presents coverage of the conclusion to the men's cycling road race, which culminates in a finish on the Mall. (C) 53073751

4.45 BBC News; Regional News; Weather. (C) 8121312

5.00 Olympics 2012. Sue Barker introduces coverage of the men's team archery at Lord's and the men's and women's tennis singles matches at Wimbledon. The early rounds of the archery have taken place throughout the day, with the bronze-medal play-off and the final set to take place. The tennis players gather on the grass courts of Wimbledon aiming to emulate the achievements of respective 2008 men's and women's champions Rafael Nadal and Elena Dementieva. Andy Murray is one of the favourites in the men's singles following his exploits at Wimbledon earlier this month, and has to improve on his efforts four years ago in Beijing, when he crashed out in round one against Lu Yen-hsun. Plus, updates on the women's football Group E match between Great Britain and Cameroon at the Millennium Stadium in Cardiff. (C) 13799

7.00 Olympics 2012. *See Pick of the day.* (C) 487190

10.00 BBC News; Weather. (C) 206867

10.20 The National Lottery Saturday Night Draws. Myleene Klass presents live from National Lottery HQ as the all-important winning numbers are revealed. Includes the results of the Lotto and Thunderball draws. (C) 454577

10.30 Olympics Tonight. Gabby Logan is joined by guests to look back at the highlights of the opening day of London 2012, and presents live basketball, beach volleyball and boxing coverage. The first day of competition was also a chance for Team GB to get off to a winning start, with Mark Cavendish tipped for gold in the men's cycling road race and swimmer Hannah Miley in the women's 400m individual medley. The live events are still going on across the capital, in the women's basketball at the Basketball Arena, the men's and women's beach volleyball at Horse Guards Parade and the latest bouts in the men's middleweight boxing at the ExCeL London. (C) 19848

12.00am BBC News. (C) 9104610

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the opening day's events at London 2012, and looks ahead to tomorrow's potential highlights. Day one saw 12 gold medals decided in archery, cycling, fencing, judo, shooting, swimming and weightlifting, and a number of other disciplines getting under way with the preliminary rounds. (C) 7126243

12.55 Weatherview. (C) 4418320

1.00 BBC News. (C) 7552455

Pick of the day

Olympics 2012

BBC1, 7pm

Gary Lineker presents coverage on the opening evening of the Games, featuring the first four swimming finals at the Aquatics Centre and the latest men's bantamweight and middleweight bouts at the ExCeL London. The rivalry between American swimmers Michael Phelps, pictured, and Ryan Lochte is regarded as one of the potential highlights of the Games, and both will expect to be involved in tonight's 400m individual medley final.

The Million Pound Drop

Channel 4, 7.25pm

Debra Stephenson is joined by fellow *The Impressions Show* funnyman Jon Culshaw; Martin Kemp and *I'm A Celebrity …* veterans Jessica-Jane Clement and the ubiquitous Joe Swash. In an attempt to win as much money as possible for Paralympic and disability-related charities, they answer eight questions, many of them ultra topical. All they have to do is put their money on the right trapdoor. No pressure then!

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 4297461 **6.15 Timmy Time.** (R) (C) 2767374 **6.25 The Adventures of Abney & Teal.** (R) (C) 2796886 **6.35 Octonauts.** (R) (C) 3946645 **6.45 Rastamouse.** (R) (C) 3966409 **7.00 CBBC: Roar.** (R) (C) 89393 **7.30 Project Parent.** (R) (C) 64288 **8.00 The Scooby-Doo Show.** (R) (C) 3780732 **8.20 Dennis and Gnasher.** (R) (C) 5600374 **8.30 The Slammer.** (R) (C) 5044770 **9.05 Who Let the Dogs Out?** (R) (C) 7975409 **9.30 Incredible Edibles.** (R) (C) 31683 **10.00 My Genius Idea.** (R) (C) 57206 **10.30 Splatalot;** (R) (C) Deadly 60 Bites. (R) (C) 95616 **11.00 Copycats.** (R) (C) 1428 **11.30 OOglies.** (R) (C) 8514683 **11.45 Diddy Movies.** (R) (C) 8519138 **12.00pm FILM: Run of the Arrow (1957).** Western, starring Rod Steiger. (C) 3867206 **1.20 FILM: El Cid (1961).** Historical epic drama, starring Charlton Heston. (C) 89346770 **4.15 Escape to the Country.** Family homes on the border between Suffolk and Essex. (R) (C) 885645 **5.15 Formula 1: Hungarian Grand Prix Qualifying Highlights.** Action from the Hungaroring. (C) 7896157

6.30 Flog It! From Southend-on-Sea, Essex. (R) (C) 77428

7.30 Dad's Army. Frazer is asked to take charge of a gun, only to lose an important part. (R) (C) 111

8.00 BBC Proms 2012. Daniel Barenboim conducts the West-Eastern Divan Orchestra in a performance of *Beethoven's Symphony No 9 in D minor (Choral)* at the Royal Albert Hall. (C) 2094119

9.20 Barenboim on Beethoven: Nine Symphonies That Changed the World. Conductor Daniel Barenboim explains why he believes Beethoven's nine symphonies are among the most powerful pieces of music ever created, as he performs them in China and South Korea with the West-Eastern Divan Orchestra. Barenboim and his musicians reveal how the composer changed the world's perceptions of symphonies and orchestras, and consider why political leaders have often used Beethoven's works for their own purposes. (C) 1036916

10.50 TOTP2. Mark Radcliffe introduces performances from the BBC archive, featuring artists including Altered Images, the Who and Belinda Carlisle, as well as a song by Rufus Wainwright; (R) (C) National Lottery Update. (C) 287225

11.50 FILM: Jersey Girl (2004). New love gives hope to a man trying to raise his baby alone after his wife dies in childbirth and he loses his job. Kevin Smith's romantic comedy, with Ben Affleck and Liv Tyler. (C) 345119

1.30am FILM: Golden Door (2006). Premiere. Period drama, starring Charlotte Gainsbourg. 851813

3.20 Close

Channel 4

6.05am Channel 4 Presents: London 2012 – David Clarke Pt III. (R) (T) 1090935 **6.10 The Hoobs.** (R) (T) 7912916 **6.35 British Formula Ford Championship.** (T) 4772886 **7.00 The Grid.** (T) 74461 **7.30 That Paralympic Show.** (R) (T) 3034886 **7.55 The Morning Line.** (T) 3572003 **8.55 T4: Ibiza Rocks: Labrinth.** (R) (T) 1011645 **9.10 T4: Shooting Calvin Harris and Example.** (T) 8150503 **9.45 T4: New Girl.** (R) (T) 858206 **10.15 T4: Revenge.** (T) 633119 **11.15 T4: Suburgatory.** (T) 879799 **11.45 T4: Summer Daze.** (T) 5171041 **12.20pm T4: The Big Bang Theory.** Sheldon becomes obsessed with gift-giving etiquette. (R) (T) 6570119 **12.50 T4: The Big Bang Theory.** The flatmates are challenged to a robot duel. (R) (T) 2776119 **1.20 T4: The Simpsons.** Marge threatens to leave Homer. (R) (T) 5004954 **1.55 Channel 4 Racing.** Coverage from York, Ascot and Newmarket. (T) 87440770 **4.15 Channel 4 Presents: London 2012 – Will Bayley Part III.** (R) (T) 1929119 **4.20 Come Dine with Me.** Steve Carlyle hosts the first party in York. (R) (T) 6577393 **4.50 Come Dine with Me.** Trevor Rooney hosts a spooky dinner party in York. (R) (T) 1939596 **5.20 Come Dine with Me.** Annie Albericci hosts the third dinner party in York. (R) (T) 2094111 **5.55 Come Dine with Me.** Nurse Yvonne McGill hosts a 1960s-themed party in York. (R) (T) 998374

6.20 Come Dine with Me. Rebecca Ryan hosts the final dinner party in York. (R) (T) 763041

6.50 Channel 4 News. (T) 371119

7.20 4thought.tv. An artist who was labelled mentally ill for more than 20 years, and given a variety of drugs that had little effect, reveals how she found peace of mind through her creativity. (T) 310393

7.25 The Million Pound Drop. *See Pick of the day.* (T) 37221751

9.00 FILM: The Women (2008). Premiere. A wealthy New York clothes designer thinks she has a perfect marriage, so is shocked to learn her husband is having an affair. Her close-knit group of gossipy friends are soon on hand to offer their advice, but they all have problems of their own to contend with. Comedy drama remake with an all-female cast, starring Meg Ryan, Annette Bening, Eva Mendes and Bette Midler. (T) 54169954

11.10 FILM: Red Cliff (2008). Premiere. A strategist concocts a plan to prevent an invading army from conquering his feudal lord's lands. Chinese historical drama, with Tony Leung Chiu Wai. 78483867

1.50am The Million Pound Drop. (R) (T) 6840065

3.05 Southland. (T) 6039542

3.50 St Elsewhere. (R) (T) 9970441

4.35 Deal or No Deal: Gold Medal Deal. (R) (T) 7173981

5.30 Countdown. (R) (T) 6900639

Channel 5

6.00am Milkshake!: Peppa Pig. (R) (T) 39356670 **6.05 Roary the Racing Car.** (R) (T) 61987645 **6.15 Fifi and the Flowertots.** (R) (T) 61901225 **6.25 City of Friends.** (R) (T) 61907409 **6.35 Harry and His Bucket Full of Dinosaurs.** (R) (T) 23631770 **6.50 Abby's Flying Fairy School.** (T) 53177138 **7.00 Bananas in Pyjamas.** (R) (T) 4571119 **7.20 Family!** (R) (T) 6811995 **7.30 Noddy in Toyland.** (R) (T) 8513645 **7.45 Bert and Ernie's Great Adventures.** (R) (T) 5743461 **7.55 Little Princess.** (R) (T) 8525480 **8.10 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 2407683 **8.30 Angelina Ballerina.** (R) (T) 7982916 **8.45 Rupert Bear.** (R) (T) 7910799 **9.00 Ben and Holly's Little Kingdom.** (R) (T) 2748041 **9.15 The Mr Men Show.** (R) (T) 7735119 **9.30 Roary the Racing Car.** (R) (T) 3385848 **9.45 Jelly Jamm.** (R) (T) 3373003 **10.00 Meerkat Manor.** (R) (T) 3065751 **10.30 Monkey Life.** (R) (T) 7817393 **11.00 Big Brother: The Eviction.** (R) (T) 8156770 **12.00pm The Hotel Inspector.** (R) (T) 2333436 **1.00 FILM: Murder 101 (2006).** Mystery, starring Dick Van Dyke. (T) 72092729 **2.45 Live Football.** Southampton v Ajax (Kick-off 3.00pm). (T) 80189022 **5.15 FILM: Jesse Stone: Night Passage (2006).** Detective thriller, starring Tom Selleck. (T) 78209670

7.00 5 News Weekend. (T) 4203461

7.05 NCIS. Abby babysits a bright nine-year-old while the rest of the team searches for the youngster's missing father – a survivalist wanted in connection with a case of robbery and murder. (R) (T) 5522645

7.55 NCIS. The investigators identify the man they believe to be the port-to-port killer, and rush to apprehend him before he can claim any more victims. Last in the series. (R) (T) 5404698

8.55 5 News Weekend. (T) 9399515

9.00 Big Brother. The latest updates from the famous house, as the remaining contestants adjust to life following last night's eviction. (T) 6578935

10.00 CSI: Miami. The team investigates when a male escort is found murdered in a private hotel cabin and discovers the victim had been providing his services to the establishment's guests. (T) 6571022

11.00 CSI: Crime Scene Investigation. A youngster goes missing. (R) (T) 8144935

12.00am SuperCasino. 8756558

4.00 HouseBusters. (R) (T) 57663639

4.25 Great Scientists. (R) (T) 57642146

4.50 Rough Guide to Beaches. (R) (T) 29411894

5.00 Hana's Helpline. (R) (T) 33196610

5.10 The Milkshake! Show. (R) (T) 27288417

5.35 Thomas & Friends. (R) (T) 55241523

5.45 Roary the Racing Car. (R) (T) 42151417

ITV1

6.00am CITV: Mini CITV. 4535003

7.20 CITV. 2352683

8.25 Saturday Cookbook. (T) 2319374

9.25 ITV News. (T) 5603393

9.30 The Jeremy Kyle Show USA. (T) 8487003

10.25 The Jeremy Kyle Show USA. (T) 7152003

11.20 The Real Housewives of New York City. 7795596

12.20pm ITV News and Weather; Weather. (T) 4904393

12.30 All Star Family Fortunes. Angela Griffin and Antony Worrall Thompson compete. (R) (T) 9742206

1.10 Dancing on Ice Goes Gold. Olympic medallists Colin Jackson, Olga Korbut, Tessa Sanderson, Pippa Wilson, Jamie Baulch, Steve Williams and Gail Emms each perform an ice-skating routine for the show's judges. (R) (T) 44059770

3.10 FILM: The Spy Who Loved Me (1977). James Bond teams up with a KGB agent to recover missing British and Soviet nuclear submarines, before whoever stole them can use their warheads. Unfortunately, 007 was responsible for the death of his new ally's lover – and she is determined to make him pay before their mission is complete. Spy adventure, starring Roger Moore, Barbara Bach, Curt Jurgens and Richard Kiel. (T) 45996461

5.30 Anglia News and Weather. (T) 890393

5.45 ITV News and Weather. (T) 162022

6.00 Agatha Christie's Marple. The nursery rhyme *Sing a Song of Sixpence* is connected to the murders of a business magnate, his wife and their maid. Julia McKenzie stars as Miss Marple. (R) (T) 6848

8.00 Midsomer Murders. Farmer Alex Preston is found dead at the sacred Crowcall stone circle in Midsomer Mow. Suspicion initially falls on local druids led by high priests Ezra Canning and Leticia Clifford, since Preston's plans to plough Gorse Meadow would have barred their access to the site. Barnaby and Jones are joined by new pathologist Kate Wilding to investigate, and as the case wears on, the inspector becomes convinced greed rather than spiritualism is the motive. Starring Neil Dudgeon and Jason Hughes. (R) (T) 1393

10.00 ITV News and Weather; Weather. (T) 577867

10.15 Mad Mad World. Joe Swash, Kimberly Wyatt and Charlie Baker are the guests joining team captains Rufus Hound and Rhys Darby and regular panellist Rob Rouse for the comedy quiz. (T) 236218

10.55 FILM: Alexander (2004). The story of the young Macedonian king who earned a reputation as one of the greatest leaders in the history of warfare. He led his armies against the mighty Persian Empire and embarked on an 11-year campaign to bring more and more nations under his rule. By the time of his death at the age of 32, he had created the most powerful empire in the world. Oliver Stone's historical epic, with Colin Farrell, Angelina Jolie and Val Kilmer. (T) 19592848

1.50am The Store. Home shopping; ITV News Headlines. 2080097

2.55 In Plain Sight. Mary and Marshall try to persuade an informant to enter the protection programme, but he refuses – and lands himself in big trouble. (R) (T) 7317981

3.40 ITV Nightscreen. 349875

5.30 ITV Morning News. (T) 60558

ITV1 Central

As ITV1 Anglia except: 5.30pm Central News and Weather. (T)

Movies

SKY PREMIERE

8.00pm The Help. (2011) An aspiring journalist in 1960s Mississippi creates controversy by giving black servants the chance to tell their stories. Drama, starring Emma Stone.

10.30 The Debt. (2010) Thriller, with Helen Mirren and Tom Wilkinson.

SKY ACTION & ADVENTURE

9.00pm X-Men: First Class. (2011) Two superpowered mutants turn from allies to enemies as they fight a plot to cause nuclear war in the 1960s. Superhero prequel, with James McAvoy and Michael Fassbender.

SKY CLASSICS

7.30pm Nevada Smith. (1966) An orphan is raised by a gun merchant and dedicates his life to gaining revenge on the three outlaws who murdered his parents. Western, starring Steve McQueen and Karl Malden.

9.45 Hell Is for Heroes. (1962) A soldier is court-martialled after a failed attack on a German pillbox, but defies the sentence to try again. Adventure, with Steve McQueen.

X-Men: First Class, Sky Action & Adventure, 9pm

SKY COMEDY

8.00pm The Dilemma. (2011) A man realises his best friend's wife is having an affair, but tries to gather proof before revealing all. Ron Howard's comedy drama, starring Vince Vaughn, Kevin James, Winona Ryder and Jennifer Connelly.

10.00 Bad Teacher. (2011) A cynical, hard-drinking teacher hopes to seduce a wealthy substitute, making an enemy of a squeaky-clean colleague. Comedy, starring Cameron Diaz and Justin Timberlake.

SKY DRAMA & ROMANCE

8.00pm Bridget Jones: The Edge of Reason. (2004) The hapless journalist's new romance looks set to be short-lived when she ends up serving time in a Thai prison. Comedy sequel, starring Renee Zellweger and Hugh Grant.

10.00 How to Lose a Guy in 10 Days. (2003) A journalist sets out to prove her theory of how women deter men from proposing, but her test subject has his own agenda. Romantic comedy, with Kate Hudson and Matthew McConaughey.

SKY FAMILY

8.00pm The Chronicles of Narnia: The Voyage of the Dawn Treader. (2010) Lucy and Edmund Pevensie return to the magical world and embark on a journey across the sea. Fantasy adventure, with Georgie Henley and Skandar Keynes.

10.00 Yogi Bear. (2010) Comedy, with the voices of Dan Aykroyd and Justin Timberlake.

SKY INDIE

8.20pm Fanboys. (2008) Three sci-fi fans try to steal a Star Wars film prior to its release so a terminally ill friend can see it before he dies. Comedy, with Sam Huntington and Chris Marquette.

10.00 Napoleon Dynamite. (2004) Comedy, starring Jon Heder and Efren Ramirez.

SKY MODERN GREATS

8.00pm Ray. (2004) Biopic of blind singer and musician Ray Charles, exploring his battle against racial bigotry, drug addiction and personal demons. With Jamie Foxx, Regina King and Kerry Washington.

10.35 Primal Fear. (1996) A lawyer takes on the seemingly unwinnable case of an altar boy accused of murdering a bishop. Courtroom thriller, with Richard Gere and Edward Norton.

SKY SCI-FI/HORROR

9.00pm Men in Black II. (2002) An alien plots to destroy humanity – and the only one who can stop her is a retired agent whose memory has been wiped. Sci-fi comedy sequel, starring Will Smith and Tommy Lee Jones.

10.30 Piranha. (2010) Horror remake, starring Elisabeth Shue.

FILM4

11.00am The Last Mimzy. (2007) **1.00pm Entrapment.** (1999) **3.10 Ponyo.** (2008) **5.15 A Walk in the Clouds.** (1995) **7.15 Jumper.** (2008) **9.00 Run Fat Boy Run.** (2007) Romantic comedy, with Simon Pegg and Thandie Newton. **10.55 Team America: World Police.** (2004) Satirical puppet comedy, with the voices of Trey Parker and Matt Stone. **12.45am Children of the Corn.** (2009) **2.30 The Edge of the World.** (1937) **4.00 Close.**

TCM

6.20am Gunsmoke. 7.20 The High Chaparral. 8.20 Dial M for Murder. (1954) **10.15 The Hill.** (1965) **12.35pm Anna and the King of Siam.** (1946) **3.00 Murder Most Foul.** (1964) **4.45 The Ghost and Mrs Muir.** (1947) **6.45 Viva Zapata!** (1952) **9.00 Ghost Ship.** (2002) Horror, starring Gabriel Byrne. **10.40 Police Academy.** (1984) **12.35am The Boston Strangler.** (1968) **2.50 Teleshopping. 5.00 Anna and the King of Siam.** (1946)

Radio

BBC RADIO 2

(FM: 88-90.2MHZ)
6.00am Anneka Rice. **8.00** Sounds of the 60s. **10.00** The Jon Holmes Situation. **1.00pm** Pick of the Pops. **3.00** Dermot O'Leary. **6.00** Liza Tarbuck. **8.00** Paul Gambaccini with America's Greatest Hits. **10.00** Dave Pearce: Dance Years. The DJ explores dance down the decades. **12.00am** Gideon Coe. **3.00** Richard Allinson.

BBC RADIO 3

(FM: 90.2-92.4MHZ)
7.00am Breakfast. **9.00** News; Summer CD Review. **12.15pm** Viola: Air on a C String; News. **1.00** Womad Live 2012. **2.00** BBC Proms Chamber Music. **3.00** BBC Proms Saturday Matinee. **4.30** New Generation Artists. **5.00** Jazz Record Requests. **6.00** Words and Music. **7.30** BBC Proms 2012. Langgaard, Pelle Gudmundsen-Holmgreen, Shostakovich, Tchaikovsky. **10.10** Between the Ears. Life in the town of Mt Airy, North Carolina. **10.30** Womad Live 2012. Live music and recorded highlights from the festival. **1.00am** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHZ, LW: 198KHZ)
6.00am News and Papers. **6.07** Open Country. **6.30** Farming Today This Week. **6.57** Weather. **7.00** Today. **9.00** Saturday Live. **10.30** Swimming with Piranhas. **11.00** The Week in Westminster. **11.30** From Our Own Correspondent. **12.00pm** News. **12.01** (LW) Shipping Forecast. **12.04** Money Box. **12.30** Chain Reaction. **12.57** Weather. **1.00** News. **1.10** Any Questions? **2.00** Any Answers? **2.30** Saturday Drama: A Special Kind of Dark. **3.30** Making Tracks. **4.00** Weekend Woman's Hour. **5.00** Saturday PM. **5.30** iPM. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Loose Ends. With Fatima Whitbread and JJ Doom. **7.00** Profile. New series. The personality and motivation of a person making the headlines. **7.15** Saturday Review. Presented by Tom Sutcliffe. **8.00** Archive on 4: The Smart Dumb Blonde. Maureen Dowd deconstructs Marilyn Monroe's reputation as a "dumb blonde". **9.00** Classic Serial: The Graduate. Conclusion. By Charles Webb. **10.00** News and Weather. **10.15** The Moral Maze. Michael Buerk chairs a debate on ethical issues. **11.00** Quote – Unquote. Return of the light-hearted quotations quiz, presented by Nigel Rees. **11.30** The New Group. Ian Sansom discusses Belfast's new poetry scene. **12.00am** News and Weather. **12.30** In-Flight Entertainment. **12.48** Shipping Forecast. **1.00** World Service. **5.20** Shipping Forecast. **5.30** News Briefing. **5.43** Bells on Sunday. **5.45** Profile.

BBC RADIO CAMBRIDGESHIRE

(AM: 1026KHZ, FM: 96MHZ)
6.00am Jane Smith. **9.00** Gillham Gold. **12.00pm** Nick Carter. **2.00** Sport. **6.00** Rock 'n' Roll Heaven. **8.00** Richard Spendlove. Call 08453 050007. **11.00** Paul Barnes. **1.00am** As Radio 5 Live.

BBC RADIO 1 (FM: 97.8-99.8MHz)
BBC FIVE LIVE (AM: 693kHz, 909kHz)
HEART (FM: 103/97.4MHz)
STAR 107 (FM: 107.1MHZ, 107.9MHZ)
CLASSIC FM (FM: 100-102MHz)
CAMBRIDGE 105 (FM:105MHz)
TALKSPORT (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

6.00am Guinness World Records Smashed!† **7.00** Chris & Wes: Let's Do This.† **7.30** Chris & Wes: Let's Do This.† **8.00** The Glee Project.† **9.00** WWE Superstars.† **10.00** Oops TV. **11.00** Best of Oops TV.† **12.00pm** Got to Dance.† **1.00** Chris & Wes: Let's Do This.† **1.30** Chris & Wes: Let's Do This.† **2.00** Chris & Wes: Let's Do This.† **2.30** Chris & Wes: Let's Do This.† **3.00** Modern Family.† **3.30** The Middle.† **4.00** Modern Family.† **4.30** The Middle.† **5.00** Futurama. **5.30** Futurama.† **6.00** The Angel.† **7.00** Terra Nova.† **8.00** Road Wars. **9.00** Brit Cops: Frontline Crime UK.† **10.00** FILM: Rapid Fire. (1992) Martial arts thriller, starring Brandon Lee. **11.50** Stella.† **12.50am** Ross Kemp on Gangs.† **1.40** Road Wars. **2.10** Night Cops. **3.00** Border Invasion USA.† **3.50** Customs UK.† **4.20** Hello Goodbye.† **5.10** Liza and Huey's Pet Nation.†

GOLD

6.05am Creature Comforts USA. **6.30** Bread. **7.00** 2point4 Children. **7.30** Bread. **8.05** Some Mothers Do 'Ave 'Em. **8.50** dinnerladies. **9.25** The Vicar of Dibley. **10.20** The Vicar of Dibley. **11.15** Only Fools and Horses. **11.55** Only Fools and Horses. **12.35pm** Only Fools and Horses. **1.40** dinnerladies. **2.20** FILM: The Hitchhiker's Guide to the Galaxy. (2005) **4.40** Only Fools and Horses. **5.20** Only Fools and Horses. **6.00** Only Fools and Horses. **7.10** The Vicar of Dibley. **8.05** The Vicar of Dibley. **9.00** Only Fools and Horses. **11.00** FILM: Miss Congeniality 2: Armed and Fabulous. (2005) An FBI public relations officer defies orders and goes back undercover to find her kidnapped friends. Comedy sequel, starring Sandra Bullock, Regina King and William Shatner. **1.20am** Green Wing. **2.25** The Old Guys. **3.00** Close.

SKY LIVING

6.00am Passport Patrol.† **6.30** Passport Patrol.† **7.00** Maury. **8.00** Ghost Whisperer.† **9.00** Grey's Anatomy.† **10.00** The Biggest Loser USA. **11.00** The Biggest Loser USA. **12.00pm** Half Ton Teen.† **1.00** Four Weddings US.† **1.30** Nothing to Declare. **2.00** Britain & Ireland's Next Top Model.† **3.00** Nothing to Declare. **3.30** Nothing to Declare. **5.00** FILM: Agent Cody Banks.† (2003) Family spy adventure, starring Frankie Muniz. **7.00** Hot in Cleveland.† Victoria takes to the stage in a musical version of Driving Miss Daisy. **7.30** Hot in Cleveland.† Victoria is entered into a drag queen competition. **8.00** Drop Dead Diva.† Jane helps organise Grayson's wedding. **9.00** Nikita.† The assassin discovers her old partner is alive. **10.00** Criminal Minds.† **11.00** CSI: Miami.† **12.00am** Criminal Minds.† **1.00** Maury.† **1.50** The Biggest Loser USA. **2.40** The Biggest Loser USA. **3.30** Nothing to Declare. **3.55** Nothing to Declare. **4.20** Passport Patrol.† **4.45** Passport Patrol. **5.10** Grey's Anatomy.†

NAT GEOGRAPHIC

6.00am Close. **8.00** Down to the Earth's Core.† **10.00** Ancient X Files.† **11.00** We Built the Titanic.† **12.00pm** We Built the Titanic.† **1.00** We Built the Titanic.† **2.00** We Built the Titanic.† **3.00** Dark Secrets of the Lusitania.† **5.00** Banged Up Abroad.† **6.00** Banged Up Abroad.† **7.00** Banged Up Abroad.† **8.00** Banged Up Abroad.† A man who was imprisoned in Peru. **9.00** Banged Up Abroad.† The story of drug runner Jeremy Khinoo. **10.00** Banged Up Abroad.† **11.00** Banged Up Abroad.† **12.00am** Banged Up Abroad.† **1.00** Banged Up Abroad.† **2.00** Teleshopping. **3.00** Nazi Secrets.† **3.45** Banged Up Abroad.† **4.30** Banged Up Abroad.† **5.15** Norway Massacre: I Was There.†

DISCOVERY

6.00am Discovery Atlas: France Revealed.† **7.00** How Do They Do It?† **7.30** How It's Made. **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** Auction Kings.† **12.30** Auction Kings.† **1.00** Auction Kings.† **1.30** Auction Kings.† **2.00** Auction Kings.† **2.30** Auction Kings.† **3.00** Auction Kings.† **3.30** Auction Kings.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made.† **5.30** How It's Made.† **6.00** Auction Hunters.† **6.30** Last Day of the Dinosaurs.† **8.00** Wheeler Dealers.† **9.00** Titanic: The Aftermath.† **11.00** Sons of Guns.† **12.00am** Wheeler Dealers.† **1.00** Titanic: The Aftermath.† **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Destroyed in Seconds.

† Indicates a programme is available in High Definition

Freeview

BBC THREE

6.00am Olympics: London 2012 Opening Ceremony. **8.30** Olympics 2012.† **2.00pm** Olympics 2012.† Coverage of football, archery and judo. **7.00** Olympics 2012.† Coverage of men's artistic gymnastics and women's basketball. **11.00** Russell Howard's Good News. **11.30** Live at the Electric. **12.00am** Family Guy. **12.20** Family Guy. **12.45** American Dad! **1.05** American Dad! **1.30** FILM: Adventureland. (2009) Comedy, with Jesse Eisenberg and Kristen Stewart. **3.10** Sun, Sex and Suspicious Parents. **4.05** Russell Howard's Good News. **4.35** Live at the Electric. **5.05** Great Movie Mistakes 2011: Not in 3D. **5.30** Hole in the Wall.

BBC FOUR

7.00pm The Blue Planet. **8.00** 10 Things You Didn't Know About Earthquakes. **9.00** Wallander: Sidetracked – Part One. **10.25** Natural World. **11.15** Arena: Amy Winehouse – The Day She Came to Dingle. **12.15am** Top of the Pops: 1977. **12.45** The Joy of Motoring. **1.45** 10 Things You Didn't Know About Earthquakes. **2.45** The Blue Planet.

E4

6.00am Switched. **6.25** Heartland. **7.10** Life Unexpected.† **8.05** Gok's Clothes Roadshow.† **9.10** Supernanny US. **10.05** Jo Frost: Extreme Parental Guidance.† **11.05** Gok's Clothes Roadshow.† **12.10pm** Supernanny US. **1.10** How I Met Your Mother.† **1.40** How I Met Your Mother.† **2.05** Scrubs. **2.35** Scrubs. **3.05** Desperate Housewives.† **4.00** Revenge.† **5.00** How I Met Your Mother.† **5.30** How I Met Your Mother.† **6.00** The Big Bang Theory.† **6.30** The Big Bang Theory.† **7.00** The Big Bang Theory.† **7.30** Rules of Engagement.† **8.00** Rules of Engagement.† **8.30** Suburgatory.† **9.00** FILM: Blade: Trinity.† (2004) Action thriller sequel, starring Wesley Snipes, Jessica Biel and Ryan Reynolds. **11.10** The Big Bang Theory.† **11.40** The Big Bang Theory.† **12.10am** The Midnight Beast.† **12.40** The Ricky Gervais Show.† **1.15** The Cleveland Show.† **1.40** Napoleon Dynamite.† **2.00** My Name Is Earl.† **2.20** Switched. **2.45** Switched. **3.05** Switched. **3.25** Hollyoaks.

MORE4

8.55am Time Team. **10.00** Time Team. **11.05** Time Team. **12.05pm** Swords, Skulls and Strongholds: A Time Team Special. **1.15** FILM: 20,000 Leagues Under the Sea. (1954) Disney fantasy, starring Kirk Douglas and James Mason. **3.40** Kirstie's Handmade Britain. **4.45** Location, Location, Location. **5.50** Location, Location, Location. **6.55** Location, Location, Location. **8.00** Supersize vs Superskinny. **9.00** Embarrassing Bodies. **10.05** FILM: MASH. (1970) Robert Altman's comedy drama, starring Donald Sutherland. **12.25am** Supersize vs Superskinny. **1.30** Embarrassing Bodies. **2.35** Location, Location, Location. **3.40** Close.

ITV2

6.00am Coronation Street.† **8.35** Emmerdale.† **11.35** Take Me Out.† **12.45pm** Models, Misfits and Mayhem.† **1.40** Holiday Showdown. **2.40** America's Got Talent.† **4.30** America's Got Talent.† **5.25** FILM: King Kong.† (2005) Peter Jackson's remake of the fantasy adventure, with Naomi Watts and Jack Black. **9.00** FILM: Quantum of Solace.† (2008) Spy thriller sequel, with Daniel Craig. **11.10** Celebrity Juice.† **12.00am** FILM: Batman Forever.† (1995) Superhero sequel, with Val Kilmer, Tommy Lee Jones and Jim Carrey. Including FYI Daily. **2.20** The Only Way Is Essex.† **3.00** Teleshopping.

ITV3

6.00am Drama Trails. **6.10** On the Buses. **6.35** The Agatha Christie Hour. **7.45** Upstairs, Downstairs. **8.50** Upstairs, Downstairs. **10.00** A Touch of Frost. **12.10pm** Inspector Morse.† **2.25** Agatha Christie's Poirot.† **3.35** Agatha Christie's Poirot.† **5.50** FILM: The Secret of My Success.† (1987) Comedy, starring Michael J Fox, Helen Slater and Fred Gwynne. Including FYI Daily. **8.00** FILM: Doc Hollywood.† (1991) Comedy, with Michael J Fox and Woody Harrelson. Including FYI Daily. **10.00** Agatha Christie's Marple. **12.00am** The Return of Sherlock Holmes.† **1.05** Terry and June. **1.40** Terry and June. **2.10** ITV3 Nightscreen.† **2.30** Teleshopping.

ITV4

6.00am UEFA Champions League Greatest Finals. **6.20** Tommy Cooper. **6.45** Tommy Cooper. **7.10** Quantum Leap.† **8.05** The Professionals. **9.05** The Sweeney. **10.00** Minder. **11.05** Motorsport UK.† **12.05pm** The Professionals. **1.05** The Sweeney. **2.05** Minder. **3.10** Tommy Cooper. **3.45** British Superbike Championship Highlights. **4.45** The Cycle Show.† **5.15** FILM: The Great Outdoors.† (1988) Comedy, starring John Candy and Dan Aykroyd. Including FYI Daily. **7.00** The Sweeney. **8.00** Minder. **9.00** FILM: Fire Down Below.† (1997) Action adventure, starring Steven Seagal and Kris Kristofferson. Including FYI Daily. **11.10** FILM: Escape from New York.† (1981) Sci-fi adventure, with Kurt Russell and Donald Pleasence. Including FYI Daily. **1.10am** Minder. **2.10** Police, Camera, Action! **2.35** Film File.† **2.45** ITV4 Nightscreen.† **3.00** Teleshopping.

Olympics 2012, BBC Three, 7pm

5USA

6.00am Teleshopping. **12.00pm** Law & Order. **12.55** NCIS. **1.55** NCIS. **2.50** FILM: Riders of Vengeance. (1952) Western, starring Richard Conte and Viveca Lindfors. **4.30** FILM: Sinbad and the Eye of the Tiger. (1977) Fantasy adventure, starring Patrick Wayne and Jane Seymour. **6.45** FILM: Last of the Dogmen. (1995) Modern-day Western, starring Tom Berenger and Barbara Hershey. **9.00** True Justice. **10.00** FILM: The Contract. (2006) A retired cop and his son stumble across a fugitive in the woods and try to take him back to prison, but his henchmen intervene. Thriller, starring John Cusack. **11.55** CSI: NY. **12.50am** Inside Hollywood. **1.00** SuperCasino. **4.00** Close.

5*

6.00am Teleshopping. **1.00pm** 5* Access. **1.10** Home and Away. **3.30** Big Brother: The Eviction. **4.25** Malcolm in the Middle. **4.55** Malcolm in the Middle. **5.25** Malcolm in the Middle. **5.55** FILM: Miss Congeniality. (2000) **8.05** FILM: Rush Hour 2. (2001) The two mismatched detectives travel to Hong Kong to investigate a bombing on the US embassy, and take on Triad gangsters. Action comedy sequel, with Jackie Chan and Chris Tucker. **10.00** Big Brother's Bit on the Side. **11.00** The Sexy Ads Show. **11.30** Sex Lessons. **12.00am** Teleshopping.

DAVE

7.00am Gears and Tears. **7.30** Gears and Tears. **8.00** Crash. **8.30** Crash. **9.00** Top Gear.† **10.00** Top Gear.† **11.00** Bush Pilots.† **12.00pm** Man v Food.† **12.30** Man v Food.† **1.00** Three Men in Another Boat. **2.00** Top Gear.† **3.00** Bush Pilots.† **4.00** Man v Food.† **4.30** Man v Food.† **5.00** Three Men in Another Boat. **6.00** Top Gear. **7.00** Bush Pilots.† **8.00** Man v Food.† **8.30** Man v Food.† **9.00** Gavin & Stacey.† **9.40** Gavin & Stacey.† **10.20** Gavin & Stacey.† **11.00** FILM: Fear and Loathing in Las Vegas.† (1998) A sports writer and his lawyer head for the gambling capital in a convertible stocked with drugs. Drama based on Hunter S Thompson's book, with Johnny Depp and Benicio Del Toro. **1.30am** Gavin & Stacey.† **2.00** Gavin & Stacey.† **2.30** Gavin & Stacey.†

Sport

SKY SPORTS 1

6.00am Super League's Supermen.† **7.00** Soccer AM: The Best Bits.† **8.00** Ringside.† **9.00** Cricket AM.† **10.30** Sporting Greats. **11.00** Live Ladies European Tour Golf.† **12.00pm** Live European Tour Golf.† **4.00** Live European Seniors Tour Golf.† **7.00** Live Darts.† **10.00** Time of Our Lives. **11.00** Grand Prix Speedway.† **2.00am** Darts.† **5.00** Powerboating.† **5.30** Aerobics Oz Style.

SKY SPORTS 2

6.00am Aerobics Oz Style. **6.30** IAAF Athletix. **7.00** Darts.† **11.00** Sports Unlimited. **12.00pm** Cycling. **12.30** Cycling. **1.00** Powerboating.† **1.30** Live ECB 40 League Cricket.† **7.30** Sporting Greats. **8.00** Live PGA Tour Golf.† **11.00** Golf.† **1.30am** PGA Tour Golf.† **4.30** Max Power.† **5.30** Sporting Greats.

SKY SPORTS 3

6.00am Sports Unlimited. **7.00** Cycling. **7.30** Cycling. **8.00** Max Power.† **9.00** WWE: Smackdown.† **11.00** Powerboating. **11.30** Darts.† **3.30pm** Live Super Rugby.† Stormers v Sharks (Kick-off 4.05pm). **6.00** Live Grand Prix Speedway.† The Croatia Grand Prix. **9.00** WWE: Late Night – Superstars.† **10.00** WWE: NXT.† **11.00** WWE: Late Night – Smackdown.† **1.00am** WWE: Late Night – Bottom Line.† **2.00** Max Power.† **3.00** Trans World Sport. **4.00** Soccer AM: The Best Bits.† **5.00** FIFA Futbol Mundial. **5.30** Total Rugby.

EUROSPORT

6.00am Olympics: English Breakfast. **7.30** Olympics: Opening Ceremony.† **9.00** Live Olympics.† **10.00** Live Olympic Swimming.† **12.30pm** Live Olympic Rowing.† **2.10** Olympics: London Eye. **2.15** Live Olympic Cycling.† **4.00** Live Olympic Weightlifting.† **5.10** Live Olympic Artistic Gymnastics.† **6.10** Olympics: London Eye. **6.15** Live Olympics.† **7.30** Live Olympic Swimming.† **9.00** Live Olympic Artistic Gymnastics.† **10.15** Olympic Games: Together to London.† **10.45** Live Olympic Volleyball.† **11.30** Olympic Swimming.† **12.30am** Olympic Cycling.† **2.00** Olympic Weightlifting.† **3.00** Olympic Swimming.† **4.00** Olympic Artistic Gymnastics.† **5.00** Olympic Games: Together to London.† **5.30** Olympics: English Breakfast.

ESPN

7.30am ESPN Kicks: Brasileirao. **7.45** PTI London Interrupted. **8.15** Press Pass 2012. **8.45** Football. **10.30** Live Australian Rules Football. **1.30pm** Press Pass 2012. **2.00** American Le Mans Series. **3.00** Live ATP Tennis. **5.00** Premier League World. **5.30** Press Pass 2012. **6.00** Live Football. Liverpool v Tottenham Hotspur (Kick-off 6.00pm). **8.00** Football. **8.45** Live Football. Newcastle United v SC Braga (Kick-off TBA). **10.45** ESPN Kicks: Brasileirao. **11.00** American Le Mans Series. **12.00am** PTI London Interrupted. **12.30** Premier League World. **1.00** Live Major League Soccer. FC Dallas v Los Angeles Galaxy (Kick-off 1.00am). **3.00** Football. **4.30** ESPN Kicks: Brasileirao. **4.45** ESPN Kicks: Extra. **5.00** PTI London Interrupted. **5.30** FIBA Basketball.

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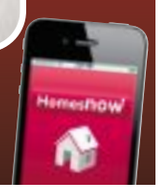

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NEWMARKET SUBURBS £350,000

Four bedroom coach house conversion enjoying views over paddocks.
Boasting spacious and versatile accommodation essentially comprising two generously proportioned reception rooms, a fitted kitchen, four double bedrooms (two en-suite and master with dressing area) and family bathroom. Externally it also benefits from a fully enclosed rear garden and carport.

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Situated in an exclusive gated development and built to a high specification.
This property boasts a prestigious address on the suburbs of Newmarket and offers beautifully decorated and generously proportioned six bedroom, five bathroom accommodation including a comprehensively fitted modern kitchen

SPACIOUS DETACHED BUNGALOW, GAZELEY £249,950

Boasting three generously proportioned bedrooms. NO UPWARD CHAIN.
Presented in good order throughout, this property enjoys a pleasant location on the edge of this sought after village. It offers light and airy accommodation with the benefit of extensive front and rear gardens, off-road parking and a detached garage. Viewing essential!

STUNNING FAMILY HOME, KIRTLING £335,000

Stylishly presented four bedroom family home in a popular village setting.
Ideally suited to growing families, this property boasts wonderful views over adjacent paddocks, off-road parking and attractive gardens. It essentially comprises a first class fitted kitchen/breakfast room, utility room, three good sized reception rooms, four bedrooms (master en-suite) and bathroom.

SUPERIOR APARTMENT, NEWMARKET £305,000

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DELIGHTFUL PERIOD COTTAGE, FORDHAM £389,950

Brimming with period features, in the heart of this popular village.
Offering further potential this cottage essentially comprises three reception rooms, a fitted kitchen, three bedrooms (master en-suite) and family bathroom; externally it also boasts delightful private gardens and off-road parking facilities including a detached double garage. NO UPWARD CHAIN.

FAMILY HOME IN 2 ACRES (STS), CHEVELEY £499,950

A beautiful detached property situated in the sought after village of Cheveley benefitting from extensive grounds and equestrian facilities.
Boasting four bedrooms, five spacious reception rooms, a beautiful newly fitted kitchen, secure gated entrance with ample off road parking, integral garage, paddocks and four stables. Early viewing is strongly recommended.

RURAL SURROUNDINGS, WICKHAMBROOK £499,950

Extensive and beautifully presented three bed detached family residence.
Enjoying a sought after village location, this property boasts excellent mature gardens backing onto a stream and a private driveway. It essentially comprises a triple aspect sitting room, modern kitchen/diner, utility room, garden room, cloakroom, three good-sized bedrooms and family bathroom.

BESPOKE ACCOMMODATION-GREAT POTENTIAL, £375,000

Characterful family home enjoying a private setting in the heart of Ashley village. It has been the subject of major modernisation.
Accommodation includes four reception rooms, an attractive fitted kitchen, utility room, four bedrooms (two en-suite) and family bathroom. Externally it offers pretty gardens, a south-facing patio, double garage and off-road parking.

Whatley Lane Estate Agents 13 High Street Newmarket Suffolk CB8 8LX. Telephone 01638 561187 Email enquiries@whatleylaneestateagents.co.uk

01638 663228
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Cheffins

Dullingham £249,950

A 3 bedroom detached bungalow delightfully situated at the head of a cul-de-sac with views over paddocks in a highly regarded village setting. The property benefits from a kitchen/ dining room, replacement UPVC double glazing and a detached garage. A particular feature is the South West facing rear garden adjoining paddock land. VIEWING ESSENTIAL.

Westley Waterless £285,000

A 3 bedroom semi-detached period property delightfully situated in a semi rural location with a large established garden and superb views over open farmland. The property offers scope for updating and extending subject to gaining planning consents with 2 reception rooms, a garage and a large private garden with cat proofed fencing.

Exning £330,000

An individual 4 bedroom detached period property situated in the centre of the village within walking distance of local amenities. Benefits include 2 reception rooms, a modern fitted kitchen and a master bedroom with ensuite shower room. A particular feature is the delightful established garden with private driveway and double garage and workshop.

Fordham £340,000

An exceptional individual detached 4 bedroom house standing in a elevated non estate position in a highly regarded village location. The property offers exceptional character with a light triple aspect kitchen/ breakfast room, a large sitting room. Further benefits are attractive gardens a large double garage, views to the rear and NO CHAIN.

CAMBRIDGE **NEWMARKET** SAFFRON WALDEN ELY HAVERHILL ST IVES LONDON 01638 663228

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Newmarket **£550PCM**
An individual 2 storey maisonette with basement level. A bay fronted sitting room, dining room, period style bathroom with white suite, including claw foot bath, modern fitted kitchen, 2 basement bedrooms.

Newmarket **£580PCM**
A beautifully appointed 2 bedroom Victorian terraced house located in sought after Lowther Street just a minutes walk from the town centre with sitting room and separate dining room.

Exning **£625PCM**
A well presented 3 bedroom property standing on the edge of the village with a long rear garden, stunning open views over farmland, a sitting/ dining room and a garage. Available mid August.

Newmarket **£625PCM**
A terraced 2 bedroom property situated close to the town, modern kitchen and bathroom. Available now, NO PETS

Soham **£550PCM**
A well presented modern 2 bedroom detached bungalow backing onto open fields with garage and parking and gardens to front and rear situated in a non-estate location. Available beginning of July.

Fordham **£650PCM**
A modern 3 bedroom semi detached house with modern kitchen, gas central heating and a large garden, Available early August.

Newmarket **£850PCM**
A modern semi detached house with 4 bedrooms - 1 ensuite, sitting/dining room, kitchen/breakfast room, conservatory, garage and parking. AVAILABLE MID JULY.

Newmarket **£999PCM**
A superbly presented prestigious 2 bedroom apartment standing in a highly sought after location a short distance from the High Street. The accommodation boasts an open plan living area and a modern bathroom.

Newmarket **£1,200PCM**
A superbly presented modern 4 bedroom detached house standing in an established well regarded town development. The property benefits from a large open plan sitting/dining room and a modern fitted kitchen.

Newmarket **£1,500PCM**
BAY TREE HOUSE is a beautifully presented 3 bedroom detached period property standing in an elevated plot.

Newmarket **£1,500PCM**
A modern 3 bedroom detached house forming part of sought after Hallwyck Gardens ideally located close to the High Street and Rowley Mile Racecourse. AVAILABLE MID AUGUST

Upend **£2,500PCM**
A substantial detached timber framed house standing in an idyllic setting with 4 reception rooms, 5 bedrooms, 4 bathrooms and far reaching views over open studland.

CAMBRIDGE **NEWMARKET** SAFFRON WALDEN ELY HAVERHILL ST IVES LONDON 01638 663228

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Kings Warren **£115,000**
A superbly presented 2 bedroom second floor apartment situated in a popular residential development. The accommodation includes an open plan sitting / dining room, and a well equipped modern fitted kitchen.

Kings Warren **£123,000**
A well presented modern 2 bedroom property attractively situated on the edge of the development with views over open farmland. Benefits include a modern fitted kitchen, open plan living area and allocated parking.

Newmarket **£139,950**
A well presented 3 bedroom terraced property standing in an established residential area North of the town centre. The property benefits from a large open plan sitting/dining room and a modern fitted kitchen.

Cheveley **£155,000**
A beautifully presented 2 bedroom bungalow newly refurbished to a high specification. Features include a luxury shower room, quality kitchen with appliances, separate utility room and conservatory.

Exning **£155,000**
A charming 2 bedroom end of terrace Victorian Cottage standing in a highly regarded location with the advantage of a good sized south facing rear garden. The impressive accommodation includes 2 reception rooms.

Newmarket **£179,950**
A superbly presented 3 bedroom semi-detached property conveniently situated on the south side of town with an attractive UPVC double glazed conservatory a modern 1st floor bathroom, 2 parking spaces and an enclosed garden.

Freckenham **£242,000**
A 2 bedroom detached bungalow delightfully situated in a rural location with views over farmland and with detailed planning permission for conversion to a 4 bedroom, 2 storey chalet house (Planning ref F/2012/0254/HOU).

Exning **£249,950**
An individual 3 bedroom detached house standing in a non estate position in the centre of this sought after village with 2 reception rooms, a ground floor cloakroom and a master bedroom with en-suite shower room. NO CHAIN.

Isleham **£260,000**
A charming 4 bedroom detached Victorian house standing close to the centre of this sought after village. The generous accommodation includes 3 reception rooms, a ground floor cloakroom and utility room.

Newmarket **£265,000**
An impressive 3 bedroom Victorian town house conveniently situated close to Rowley Mile Racecourse and the town centre. Features include a contemporary kitchen, gas central heating and double glazing. NO CHAIN.

Burwell **£270,000**
A beautifully presented four bedroom detached house standing on a superb corner plot with beautiful landscaped gardens to the rear. The impressive accommodation includes 2 reception rooms and a ground floor cloakroom.

Isleham **£295,000**
A beautifully presented 4 bedroom detached house standing in a non estate position with views to the rear over farmland. Accommodation includes; 2 reception rooms, a master bedroom with dressing area.

DAVID BURR

ISLEHAM

Newmarket 8 miles - Ely 9 miles

A substantial grade II listed house occupying a prominent position alongside St Andrews Church. Drawing room, dining room, kitchen/breakfast room, study, wc, 4 bedrooms, 1000 sq ft basement floor for conversion. Garden and garage.

Guide £500,000

DALHAM

Cambridge 13miles - Newmarket 5 miles

A contemporary 2529 sq ft home situated in the heart of this sought after village. 4 reception rooms, study/library, kitchen/breakfast room, cloakroom and utility. 4 bedrooms and bathroom. Garden, cartlodge style garage and parking.

Guide £550,000

CHEVELEY PARK

Newmarket 3 miles - Bury St Edmunds 13 miles

A charming 2500 sq.ft period home forming part of the original coaching house within the popular Cheveley Park. Sitting room, study, breakfast room, kitchen, conservatory, library, drawing room, 3 bedrooms and bathroom. Garage, parking and rear gardens.

Guide £479,950

NEWMARKET

Cambridge 13 miles - Bury St Edmunds 15 miles

A detached family home set in a quiet location convenient for the town centre and situated to the South side of Newmarket. 3 reception rooms, kitchen/breakfast room, utilty, 5 bedrooms (2 ensuite) and family bathroom. Garage, gardens and heated swimming pool.

Guide £525,000

rightmove.co.uk

www.davidburr.co.uk - Newmarket (01638) 669035

CASTLE HEDINGHAM ◆ CLARE ◆ LEAVENHEATH ◆ LONG MELFORD ◆ NEWMARKET ◆ WOOLPIT ◆ LONDON SW1

DAVID BURR

LITTLE WRATTING

Bury St Edmunds 17 miles - Newmarket 13 miles

A charming detached property built in 1935 in a period style situated in a rural location overlooking undulating countryside.
Drawing room, dining room, garden room, kitchen/breakfast room, pantry,
utility, cloakroom, 5 bedrooms, 2 bathrooms, formal gardens,
paddocks, tennis court, garage block and stables
In all about 6 acres.

Guide £795,000

OPEN HOUSE

Saturday 28th July 12pm - 2pm

CHAPEL HOUSE, HIGH STREET TUDDENHAM IP28 6SA

A splendid 2400 sq ft village house occupying a prominent position. Sitting room, family room, impressive 32' kitchen/breakfast room, utility, 6 bedrooms (1 ensuite) and bathroom. Walled rear garden and parking.

NO APPOINTMENT NECESSARY

Guide £399,000

GREAT WRATTING

Newmarket 11 Miles - Bury St Edmunds 17 miles

A detached period home overlooking open countryside. Sitting room, dining room, kitchen/breakfast room, utility room, snug, garden room, 4 bedrooms (2 ensuite), family bathroom, a double garage with room above and stable block.

In all about 1.2 acres.

Guide £585,000

OUSDEN

Newmarket 7 miles - Bury St Edmunds 8 miles

This charming flint and thatched period cottage is situated in a semi rural location and is thought to date back to the 18th century. Sitting room, dining room, kitchen, pantry, utility, study, garden room, bathroom, 2 bedrooms, garage and carport.

Guide £255,000

STOKE BY CLARE

Bury St Edmunds 21 miles - Cambridge 24 miles

A semi detached barn conversion situated in a quiet, rural location backing onto open countryside. Sitting room, dining room, cloakroom, kitchen/breakfast room, utility room, 3 bedrooms, bathroom, gardens and double garage.

In all about 0.22 acres.

Guide £325,000

rightmove.co.uk

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CASTLE HEDINGHAM ◆ CLARE ◆ LEAVENHEATH ◆ LONG MELFORD ◆ NEWMARKET ◆ WOOLPIT ◆ LONDON SW1

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Agriculture House, 14 Prickwillow Road, Ely, Cambs CB7 4NS

COMMERCIAL

SUTTON
GUIDE £140,000

The property comprises a single storey lock-up shop premises with A1 consent, purpose built in the late 1970 s of brick and tile construction, with an extensive front sales area, lower preparation area, side entrance and rear office and cloakroom. There are also two lock-up garages to the back of the yard with parking in front.

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featurehomes

On the market for £415,000 in Fordham

at a glance

- On the market for £415,000
- Modern family house
- Four/five bedrooms
- Garage and driveway
- Lawned gardens

Cover Property

MODERN and spacious, this detached house is in Hillside Meadow, Fordham.

Ideal for a family, it contains a reception hall, living room with French doors to the garden, a family room, dining room, study and beautiful kitchen, plus a cloakroom and utility room.

Meanwhile, four/five bedrooms can be found to the first floor, plus two en suites and a family bathroom.

Outside, there is a double garage, driveway and lawned gardens to the front and rear.

This property is part of an exclusive development in the centre of the village, and is on the market for £415,000. Contact Cheffins on (01638) 663228.

Acacia Property Management

Newmarket's Letting Specialists

01638 663705

16 Black Bear Court, High Street, Newmarket CB8 9AF

www.acacia-property.co.uk

Oxford Street, Exning, Newmarket

A modernised three bedroom property in popular village. Re-decorated and with new carpets throughout - must be viewed! Entrance hall, Lounge with open fire, large open-plan kitchen with separate dining area, utility room with space for washing machine and tumble drier, cloakroom. Main bedroom with en-suite shower room, large family bathroom with separate shower, bedroom 2; attic bedroom 3. Gas central heating, rear yard / parking area.

£800pcm
Available: Immediately

Hillside Meadow, Fordham, Ely

A modern detached bungalow with front and rear gardens, three bedrooms, two bathrooms, fitted kitchen with appliances, lounge, separate dining room, gas c/h, garage and driveway.

£1,050pcm
Available: Immediately

Park Lane, Newmarket

Central three bedroom terrace. Lounge, kitchen/diner, bathroom and shower. Three bedrooms, re-decorated, gas central heating, rear yard.

£575pcm
Available: Immediately

The Orchards, Ashley

A two bedroomed bungalow in very good order. Modern fitted kitchen with appliances, bathroom and shower,furnished or unfurnished. Gardens to three sides , E7 heating, parking space.

£650pcm
Available: 14/09/2012

Pinza Close, Newmarket

Two bedroom bungalow on Studlands Park. Good size lounge, kitchen, two double bedrooms, gas c/h, gardens and garage.

£560pcm
Available: 31/08/2012

Mill Lodge, Thurlow

Detached lodge in picturesque village. Large modern fitted kitchen / diner with appliances, lounge, two double en-suite bedrooms. Gardens and patio area, oil-fired c/h.

£550pcm
Available: Immediately

Halifax Way, Newmarket

A spacious three bedroom detached house in excellent order in a popular area of the town. large rear garden, garage, driveway and gas central heating.

£750pcm
Available: NOW LET

PROPERTIES ALWAYS REQUIRED

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NEWMARKET £139,950

A well extended modern two bedroom terrace home situated within a popular location offering spacious and versatile accommodation along with a garage and enclosed gravelled garden this property offers huge potential.

NEWMARKET £150,000

A rural three bedroom cottage located between Newmarket and Snailwell with a good size lounge/diner, kitchen and first floor bathroom. The property offers tremendous scope for further improvement. No Chain

NEWMARKET £189,950

NEW PRICE

A cleverly extended three bedroom semi detached family home in a popular location close to the town and all facilities. Entrance Hall, Lounge, Kitchen/Diner, Three bedrooms, Bathroom, Gas Radiator Heating, Garage and Enclosed Garden.

ISLEHAM £239,950

NEW

A rather unusual and deceptively spacious three bedroom detached bungalow situated in a non estate location. The property is presented to a high standard and benefits from off road parking.

SOHAM £134,950

A smart modern two bedroom terrace home in a popular location close to the town with lounge/diner, gas radiator heating, enclosed garden and single garage. Ideal investment or first time buyer opportunity.

WICKEN £140,000

A delightful two bedroom semi detached cottage situated in the popular village of Wicken with views overlooking the village green and public house.

NEWMARKET £99,950

A first floor one bedroom apartment located just off the High Street. Entrance hall, Double Bedroom, Modern Bathroom, Kitchenette and Parking.

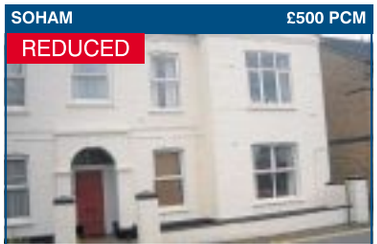
EXNING £154,995

An attractive Victorian cottage with a first floor bathroom and gas radiator heating. Offered with no upward chain. Comprising of the following:- Sitting Room, Dining Room, Kitchen,Two Bedrooms, First Floor Bathroom, Established gardens.

RESIDENTIAL LETTINGS

SOHAM £500 PCM

REDUCED



An attractive Victorian ground floor 2 bedroom flat conversion available for immediate occupation. Gas central heating, Parking and modern Kitchen.

SNAILWELL £625 PCM

A two bedroom semi detached bungalow situated on a large corner plot within this traquil village just outside Newmarket. Entrance, Lounge/Diner, Kitchen, Bathroom, Electric Heating and off road parking!!

SOHAM £650 PCM

NEW

A brand new two bedroom top floor apartment with far reaching countryside views, gch,dg, allocated parking. Available immediatley. View today.

MILL MEWS £675 PCM

A two bedroom nearly new top floor apartment with modern kitchen and fitted appliances. Centrally located with allocated parking. Available end of January.

HAVERHILL £650 PCM

NEW

Mid terrace three bedroom house with spacious living room, cloakroom, bathroom gas heating and double glazing

BURWELL FROM £1,150 PCM

A Choice of 2 brand new 4 bedroom detached houses with fully equipped kitchens and. spacious reception rooms 50% discount on first months rent if sign up before 31st August 2012.

SOHAM £550 PCM

NEW

A one bedroom house, dg,gch, fitted wardrobes, allocated parking. Available shortly.

CAMBRIDGE £895 PCM

NEW

Two bedroom semi detached bungalow with living room, kitchen, shower room, gas heating, large garden and off road parking

sales lettings mortgages

Balmforth team

Estate Agents, Valuers & Letting Agents
4 Rous Road, Newmarket, Suffolk, CB8 8DL
Tel: 01638 582454 Fax: 01638 718900
Email: newmarket@balmforth.co.uk www.balmforth.co.uk

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*free EPC only with team Conveyancing
**free Conveyancing is subject to terms and conditions
for further information please contact the office

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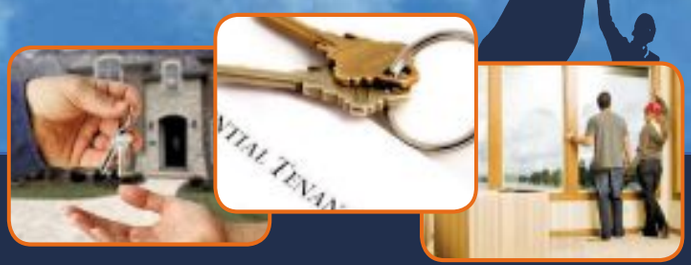
FREE Set up Fee**



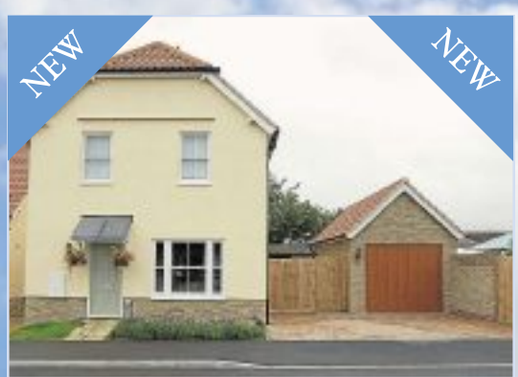
*free EPC does not apply if property is withdrawn
**free set up fee only applies to managed properties,
normal set up fees apply to ALL tenant find only properties

FRECKENHAM

Stunning brand new three bedroom semi-detached house

Stunning brand three bedroom semi detached house with exceptional specification due for completion autumn 2012. The property benefits from a central village location and a superb specification to include fitted kitchen with integrated appliances.

£218,500



FULBOURN

Exceptional three bedroom family home

A detached three bedroom family home with shower en-suite leading to master bedroom, open plan lounge -kitchen dining room, parking and garage.

£349,995

KENTFORD

This new build three bedroom property offers family sized accomodation across two floors, each with raised views and an

Boasting a master bedroom with Juliette balcony and en-suite shower room and both a lounge and dining room with double opening doors to raised decking. This property is not to be missed.

£275,000

NEWMARKET

PROPERTY OF THE WEEK

FREE Application Fees

Three bedroom detached property

This property located in a sought after area, situated within close proximity of the Train Station and Tattersalls.

£925 PCM

NEWMARKET

Modern one bedroom apartment.

Benefitting from spacious lounge/dining area and underground secure parking Available 25th July.

£860 PCM

NEWMARKET
01638 560221

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HERRINGSWELL £1,800 PCM

A grade 2 listed 2 double bedroom coach house conversion, arranged over three floors enjoying a private garden, garage and parking.

KENTFORD £1,800 PCM

A rare timber framed listed 4 bedroom detached cottage originally dating back to 17th situated within attractive landscaped gardens.

WOODDITTON £1,200 PCM NEW

An outstanding 3 double bedroom period home enjoying gardens extending to over 250ft. Available end of October.

NEWMARKET £925 PCM

A 3 bedroom detached property set within a sought after area, close to the Train Station and a well regarded primary school.

RED LODGE £795 PCM

A mid terrace property located in this modern development. Includes kitchen/diner, WC and three bedrooms. Available August.

RED LODGE £795 PCM

A well presented 3 bedroom property located in the popular village of Red Lodge. Externally offering rear garden and parking.

NEWMARKET £650 PCM NEW

A 2 double bedroom Victorian home boasting well-proportioned rooms throughout to include living room, kitchen and garden.

BURWELL £550 PCM

A 2 bedroom maisonette with views over far reaching countryside comprising of kitchen, living/dining room, bathroom and parking.

NEWMARKET BURWELL morrisarmitage.co.uk CAMBRIDGE HAVERHILL

BURWELL
01638 742461

Morris Armitage

BURWELL £242,500 NEW

A modern home constructed in 2005 consisting of well proportioned accommodation over three floors to include spacious sitting room through to dining room, kitchen, four bedrooms, en-suite, dressing room, four piece family bathroom, garden, garage and parking to the rear.

BURWELL £269,000 NEW

A truly special 3 bedroom Edwardian property standing within the centre of the village and enjoying a delightful rear garden extending to 150ft in length. Spacious and greatly improved throughout providing stunning accommodation with a blend of modern and period features.

BURWELL £299,995 NEW

A well appointed modern 3 storey, 4 bedroom (2 with ensuite), link detached family home constructed in 2003 providing the upmost quality of presentation throughout.

BURWELL £240,000 NEW

A rare opportunity to purchase a detached non estate 2 bedroom bungalow enjoying a conservatory, south facing rear garden and garage/workshop. For sale with no onward chain.

BURWELL £315,000 NEW PRICE

A rare opportunity to purchase a detached 4 bedroom family residence standing in a most desirable cul-de-sac and enjoying quite delightful mature gardens extending to approximately 80ft.

BURWELL £255,000 NEW PRICE

A modern detached 4 bedroom family home standing on the edge of this popular residential development offering living room with bay window, separate dining room, detached double garage and private fully enclosed south facing rear garden. Offered for sale with no onward chain.

BURWELL £315,000 NEW PRICE

A recently constructed detached home occupying a corner plot position within a quiet cul-de-sac with views towards the windmill. Finished to a high standard, this property offers 4 bedrooms, spacious kitchen/diner, garden with Hot Tub and driveway leading to garage and parking. No chain.

NEWMARKET
01638 560221

Morris Armitage

BURWELL £279,995 NEW

An outstanding detached 3 bedroom bungalow within a highly regarded cul de sac, greatly improved by the current owners with accommodation to include kitchen/breakfast room, living room, conservatory, parking and double garage and front and south facing well stocked gardens.

BURWELL £349,995 NEW

An exceptionally large detached four double bedroom family residence, constructed in 2009, standing within a small non-estate cluster of just 3 properties on the fringe of this much loved village. Block paved drive and detached double garage and wall enclosed garden to rear.

ISLEHAM £145,000 NEW PRICE

Dating back to 1900's, a deceptively large three storey 2/3 double bedroom townhouse requiring improvement yet offering superb value for money. No onward chain.

BURWELL £147,500 NEW

A stylish 2 bedroom home standing towards the front of a modern development within the centre of the village, close to shops and amenities with garden and parking. No chain.

BURWELL £74,950

A well presented one bedroom first floor apartment set within this established retirement complex for the over 55's and centrally positioned within this popular village. No chain.

BURWELL £269,850 NEW PRICE

Superbly presented modern detached home in popular cul-de-sac, with countryside views. Cloakroom, fitted kitchen/utility with appliances, 2 receptions, 4 bedrooms and wardrobes, en suite and bathroom, landscaped southeast garden, detached double garage. No onward chain.

SOHAM £329,950 NEW PRICE

A spacious detached family home enjoying a light and airy feel throughout, boasting a large entrance hall with cloakroom, front to back sitting room, dining room, kitchen/breakfast room, 5 bedrooms. Extensive south facing garden, parking and detached double garage. No chain.

pocock&shaw

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@PocockandShawEA

T 01638 668284
E newmarket@pocock.co.uk

Dullingham £249,950

NEW

A rarely available 3 bedroom detached bungalow of enormous potential, occupying a good size and secluded corner plot within a popular residential development on the edge of the village.

AVAILABLE WITH NO UPWARD CHAIN. VIEW EARLY TO AVOID DISAPPOINTMENT!

Isleham £212,500

NEW

A well presented 3 bedroom detached family house, located in a popular residential development close to the centre of this well served village.

INTERNAL INSPECTION HIGHLY RECOMMENDED!

Burwell £247,500

NEW

A beautifully presented 3 bedroom detached bungalow that has benefited from an extensive programme of refurbishment in recent years.

The property boasts a good size plot offering a private rear garden, garage and off road parking for several vehicles.

Newmarket £235,000

NEW

Boasting a generous corner plot, a modernised & much improved 3 bedroom semi detached family home, detached single garage with separate access to the rear.

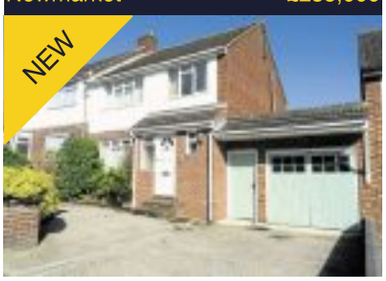
Great Bradley £189,950

NEW

A charming 3 bedroom semi detached cottage occupying a generous plot, with pleasant garden with stunning views backing onto open countryside.

Newmarket £235,000

NEW



A generously proportioned 3 bedroom semi detached family house of enormous potential with scope for a rear extension and loft conversion should extra space be required.

Newmarket £139,950

NEW

A modern and surprisingly spacious semi detached 2 bedroom house set in an attractive modern development.

Newmarket £139,500

A 2nd floor apartment situated in a highly desirable location within easy reach of the racecourse, town centre & Tattersalls.

Red Lodge £269,950

A stylish & cleverly extended 4 bedroom bungalow located within an exclusive development on the outskirts of Red Lodge.

Stetchworth £279,950

An impressive detached bungalow situated in an attractive non estate position in this much sought after village.

Newmarket £128,000

A charming 2 bedroom freehold flat that would prove to be an excellent rental investment or first time purchase.

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Newmarket Office: 2 Wellington Street, Newmarket CB8 0HT
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Also at Cambridge and Ely

Newmarket £227,950

NEW PRICE

A beautiful 3 bedroom bungalow occupying a pleasant position within a much sought after residential development to the north of Newmarket town centre.

Presented to an extremely high standard throughout the property benefits from a stunning landscaped garden to the rear.

Newmarket £179,950

NEW

A well presented 4 bedroom end of terrace family home located in a tucked away position within this residential area north of Newmarket.

Newmarket £355,000

A rarely available detached family house located in a much sought after development north of Newmarket town centre.

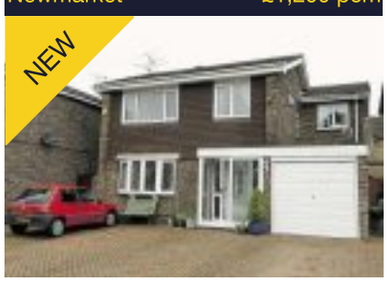
Newmarket £850 pcm

NEW

An exceptionally well presented 1st floor luxury apartment situated within easy reach of Newmarket High street and the racecourse.

Newmarket £1,200 pcm

NEW



A very well presented 4 bedroom detached house situated in a sought after residential area on the south side of Newmarket.

Prickwillow £349,500

NEW PRICE

Swallows Rest is a 3 bedroom detached bungalow in a quiet setting which has been refurbished in recent times to provide light & spacious accommodation.

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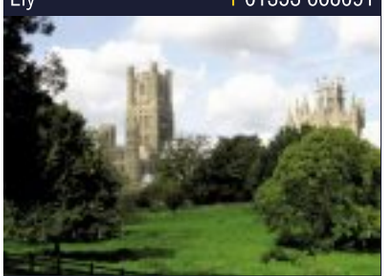

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BBC1

6.00am Olympic Breakfast. Chris Hollins and Sian Williams present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games, assessing the potential highlights and British medal prospects. Featuring interviews with competitors who have already made the headlines, and reaction to last night's action. (C) 377146

9.00 Olympics 2012. Mishal Husain presents coverage of this morning's rowing heats and repechages, and the latest swimming heats on day two of the London Games. Garry Herbert and Dan Topolski commentate on the rowing, with analysis by Steve Redgrave, with Andy Jameson, Adrian Moorhouse and Sharron Davies at the swimming. Plus, archery, equestrian and judo updates. (C) 443368

11.30 Olympics 2012. Hazel Irvine presents further coverage of the rowing and swimming heats, along with the latest on the women's cycling road race and the start of the sailing regatta. (C) 75233

1.00pm BBC News; Weather. (C) 65910504

1.10 Olympics 2012. Jake Humphrey presents coverage of the concluding stages of the women's cycling road race, which reaches a climax on the Mall. An expected field of 67 started out on the 140km course at midday and includes Welsh star Nicole Cooke, who won the gold medal four years ago in Beijing. Cooke crossed the line first in a sprint finish on that occasion and also won the world championship that year to become the first woman to achieve such a double. One of the leading contenders to succeed Cooke as champion this year is British team-mate Lizzie Armitstead. With commentary by Hugh Porter, Chris Boardman and Jill Douglas, and analysis by Tanni Grey-Thompson, while Hazel Irvine and Sue Barker are also on hand for presenting duties. (C) 79177982

5.00 Formula 1: Hungarian Grand Prix Highlights. Lee McKenzie presents action from the 11th round of the season, held at the Hungaroring, near Budapest, where Jenson Button took the chequered flag last year. The McLaren driver beat Red Bull's Sebastian Vettel into second place, with Ferrari's Fernando Alonso finishing in third place. Alonso started this race with 34-point lead in the standings after winning last weekend in Germany. (C) 45368

6.30 BBC News; Regional News; Weather. (C) 691

7.00 Olympics 2012. *See Pick of the day.* (C) 847320

10.00 BBC News; Regional News; Weather. (C) 772097

10.25 Olympics Tonight. Gabby Logan is joined by guests to look back at the highlights and major talking points of the second day of the London Games, when 14 gold medals were decided, including in the swimming, archery, cycling and diving. There is also live coverage of some of the sports still taking place this evening, including the men's and women's beach volleyball qualifiers at Horse Guards Parade, men's basketball at the Basketball Arena and the men's welterweight boxing at the ExCel London. (C) 850558

12.00am BBC News. (C) 9171382

12.10 Olympic Sportsday. Olly Foster presents a final round-up of the second day's events at London 2012, and looks ahead to tomorrow's potential highlights. (C) 1421455

12.55 Weatherview. (C) 4485092

1.00 BBC News. (C) 7529127

Pick of the day

Olympics 2012

BBC1, 7pm

Gary Lineker introduces this evening's four swimming finals, along with updates on the women's hockey and men's football, both featuring Team GB. Clare Balding is at the Aquatics Centre, hoping to see Rebecca Adlington, pictured, add to the two gold medals she won at the Beijing Games. The 23-year-old became an overnight sensation four years ago when she won the 400m and 800m freestyle disciplines.

Once Upon a Time

Channel 5, 8pm

Emma searches for evidence that will prove Mary Margaret was framed for Kathryn's murder and thinks August has led her to the clue she needs – but somebody appears to be one step ahead of her. Meanwhile, a flashback to the land of fairy tales reveals why Regina became so heartless, as well as shedding light on how her vicious grudge against Snow White began. Guest starring Barbara Hershey (*Black Swan*).

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 4191233 **6.15 Timmy Time.** (R) (C) 2661146 **6.25 The Adventures of Abney & Teal.** (R) (C) 2763558 **6.35 Octonauts.** (R) (C) 3840417 **6.45 Rastamouse.** (R) (C) 9142707 **7.05 CBBC: Roar.** (R) (C) 9738233 **7.30 Paradise Cafe.** (R) (C) 3903962 **7.55 The Scooby-Doo Show.** (R) (C) 2917784 **8.20 Dennis and Gnasher.** (R) (C) 5504146 **8.30 Wingin' It.** (R) (C) 3595962 **8.50 Shaun the Sheep.** (R) (C) 1930726 **9.00 Who Let the Dogs Out?** (R) (C) 34455 **9.30 Junior Bake Off.** (R) (C) 62726 **10.00 Saturday Kitchen Best Bites.** (C) 55287 **11.30 Raymond Blanc: The Very Hungry Frenchman.** (R) (C) 22766 **12.30pm Escape to the Country.** (R) (C) 3353469 **1.15** FILM: **The Man from Laramie (1955).** Western, starring James Stewart. (C) 79416320 **2.55 Great British Railway Journeys.** (R) (C) 2969788 **3.25 Oceans.** (R) (C) 8186542 **4.25 Songs of Praise.** (C) 6213252 **5.00 Olympics 2012.** Sue Barker introduces further coverage of today's events. (C) 35184

7.00 Antiques Roadshow. Fiona Bruce and the team head to Brighton College, where objects up for valuation include a medal awarded to a teenage veteran of the Battle of Trafalgar, a silver box given to a family by John F Kennedy shortly before his death, and one of the largest, rarest and most valuable pieces of Clarice Cliff pottery ever seen on the programme. (R) (C) 6368

8.00 Engineering Giants: Ferry Strip-Down. Tom Wrigglesworth and Rob Bell witness North Sea passenger ferry the Pride of Bruges receiving a complete overhaul to extend its working life. Last in the series. (C) 2788

9.00 The Dark: Nature's Nighttime World. New series. Biologists and camera crews explore the wildernesses of South and Central America at night, beginning by encountering nocturnal predators in the jungles of Costa Rica. (C) 5252

10.00 MotoGP. The US Grand Prix (Start-time 10.00pm). Matt Roberts presents live coverage of the 10th round of the season at Laguna Seca in California. (C) 5639

11.00 Line of Duty. Gates goes on the run, convinced he can still prove his innocence, and Arnott questions Fleming's integrity as the anti-corruption team faces renewed pressure. Last in the series. (R) (C) 77786

12.00am Twenty Twelve. (R) (C) 70108

12.30 Formula 1: Hungarian Grand Prix Highlights. (R) (C) 74721

2.00 Sign Zone: Holby City. (R) (C) 23160

3.00 Sign Zone: Britain's Heritage Heroes. (R) (C) 62740

Channel 4

6.15am The Hoobs. (R) (T) 7911287 **6.40 Ironman 2012.** (T) 4668639 **7.05 FIM Superbike World Championship 2012.** (R) (T) 5943487 **7.35 Road to London 2012: Paralympics Extra.** (T) 3000829 **8.00 Will & Grace.** (R) (T) 1452184 **8.25 Will & Grace.** (R) (T) 1455271 **8.55 Frasier.** (R) (T) 7198981 **9.25 Frasier.** (R) (T) 4154748 **10.00 Sunday Brunch.** (T) 24468146 **12.35pm Jamie Does Stockholm.** (R) (T) 4715875 **1.35 The Big Bang Theory.** (R) (T) 87092368 **2.05 The Big Bang Theory.** (R) (T) 88894287 **2.35 The Simpsons.** (R) (T) 2062829 **3.05 The Simpsons.** (R) (T) 4453788 **3.30 Three in a Bed.** (R) (T) 7483504 **4.35 Deal or No Deal: Gold Medal Deal.** Sport-themed edition of the game show, with Noel Edmonds. (R) (T) 6205233 **5.35 Channel 4 News.** (T) 432788

6.05 4thought.tv. Atul Shah talks about the Jain faith, whose followers believe there is a spiritual realm to the universe that cannot be explained from a purely scientific and rational perspective. (T) 465894

6.10 FILM: **17 Again (2009).** A man's wish to be a teenager again is granted, but his mature outlook on life puts him at odds with others when he returns to high-school. Comedy, with Matthew Perry and Zac Efron. (T) 88663523

8.00 Come Dine with Me. Olympic athletes past and present compete in the dinner-party challenge to win £1,000 for a charity of their choice. Bronze medal-winning hurdler Tasha Danvers hosts a Jamaican carnival-themed night that features a surprisingly revealing costume, while retired swimmer Mark Foster's evening includes a game that ignites his guests' competitive spirit. Later in the week, former 400m runner Derek Redmond finds plenty of faults with 2012 heptathlete Louise Hazel's soiree – but will his criticisms return to haunt him? (T) 7964

9.00 Thelma's Gypsy Girls. Thelma Madine invites the trainees to her daughter's birthday party, while pressure mounts at the factory as Grace attends a family funeral and Bridget storms out. (T) 7720

10.00 Sex Story: Fifty Shades of Grey. Documentary exploring the phenomenon of EL James's erotic novel, which is the UK's fastest-selling paperback of all time. (T) 2897

11.00 FILM: **Indecent Proposal (1993).** Drama, starring Robert Redford, Demi Moore and Woody Harrelson. (T) 83384368

1.10am Camelot. (R) (T) 7484092

2.00 The Big C. (T) 66127

2.30 Hollyoaks. (R) (T) 74271363

4.35 St Elsewhere. (R) (T) 1030769

5.25 Countdown. (R) (T) 9618363

Channel 5

6.00am Milkshake!: Peppa Pig. (R) (T) 45240122 **6.05 Roary the Racing Car.** (R) (T) 61881417 **6.15 Fifi and the Flowertots.** (R) (T) 61805097 **6.25 City of Friends.** (R) (T) 61894981 **6.35 Harry and His Bucket Full of Dinosaurs.** (R) (T) 23535542 **6.50 Castle Farm.** (R) (T) 53153558 **6.55 Abby's Flying Fairy School.** (R) (T) 53063981 **7.05 Roobarb and Custard Too.** (R) (T) 1879813 **7.15 Bananas in Pyjamas.** (R) (T) 1875097 **7.25 Family!** (R) (T) 6510748 **7.35 Noddy in Toyland.** (R) (T) 8425436 **7.45 Mio Mao.** (R) (T) 5656981 **7.50 Bert and Ernie's Great Adventures.** (R) (T) 5644146 **8.00 Little Princess.** (R) (T) 4887261 **8.10 The Adventures of Bottle Top Bill and His Best Friend Corky.** (R) (T) 7925542 **8.25 Angelina Ballerina.** (R) (T) 7911349 **8.45 Rupert Bear.** (R) (T) 7807271 **9.00 Ben and Holly's Little Kingdom.** (R) (T) 2642813 **9.15 The Mr Men Show.** (R) (T) 7648639 **9.25 Roary the Racing Car.** (R) (T) 7628875 **9.40 Jelly Jamm.** (R) (T) 6412287 **10.00 Inside Hollywood.** 1792610 **10.05 Monkey Life.** (R) (T) 9176962 **10.35 Ice Road Truckers: Deadliest Roads.** (R) (T) 9625962 **11.35 Big Brother.** (R) (T) 5506894 **12.35pm** FILM: **Doctor Who and the Daleks (1965).** Sci-fi adventure, starring Peter Cushing. (T) 89743639 **2.15** FILM: **Zoom (2006).** Comedy adventure, starring Tim Allen. (T) 1521691 **4.00** FILM: **Police Academy 5: Assignment Miami Beach (1988).** Comedy sequel, starring Bubba Smith. (T) 42470639 **5.50** FILM: **Ghostbusters II (1989).** Supernatural comedy sequel, starring Bill Murray. (T) 35870851

7.55 5 News Weekend. (T) 7527233

8.00 Once Upon a Time. *See Pick of the day.* (T) 6485271

9.00 Big Brother. Marcus Bentley narrates highlights from the past 24 hours in the house, as the residents tackle Big Brother's latest demands – as well as the challenges of living with one another. (T) 6472707

10.00 FILM: **Bulletproof (1996).** An undercover cop joins forces with a small-time car thief to bring down a drug baron who wants them both dead. Action comedy, starring Adam Sandler. (T) 3632788

11.35 FILM: **Undisputed (2002).** The world heavyweight boxing champion is jailed on a rape charge and forced to prove his fighting mettle behind bars. Drama, starring Ving Rhames and Peter Falk. (T) 1255707

1.20am SuperCasino. 46234160

3.50 Sons of Anarchy. (T) 8175491

4.50 Rough Guide to Cities. (R) (T) 29488566

5.00 Hana's Helpline. (R) (T) 33163382

5.10 The Milkshake! Show. (R) (T) 27255189

5.35 Thomas & Friends. (R) (T) 55218295

5.45 Roary the Racing Car. (R) (T) 42128189

ITV1

6.00am CITV: Mini CITV. 4439875

7.20 CITV. 2256455

8.25 Dinner Date. Bex from London picks three blind dates. (T) 2213146

9.25 ITV News. (T) 5507165

9.30 House Gift. Interior design challenge from Clapham, south London. (R) (T) 8381875

10.25 There's No Taste Like Home. (R) (T) 7056875

11.20 The Hungry Sailors. Dick and James Strawbridge visit the Isle of Wight. (R) (T) 7699368

12.20pm ITV News and Weather; Weather. (T) 4808165

12.30 FILM: **Baby Boom (1987).** Comedy, starring Diane Keaton. (T) 35124558

2.35 FILM: **Columbo: The Murder of a Rock Star (1991).** The detective pits his wits against a defence lawyer who murdered his rock star girlfriend and framed her lover for the crime. Crime drama, starring Peter Falk and Little Richard. (T) 49236946

4.30 Doc Martin. One of Louisa's pupils has an accident. (R) (T) 26894

5.30 Doc Martin. A mugger strikes in the village. (R) (T) 28813

6.30 Anglia News and Weather. (T) 907455

6.45 ITV News and Weather. (T) 997078

7.00 Royal Greenwich. In February, the Queen marked her Diamond Jubilee by making Greenwich in south-east London a royal borough. To celebrate the honour, John Sergeant presents a documentary exploring the area's history and looks forward to events over the coming year. His journey takes him on board the clipper Cutty Sark to meet the team giving the famous ship a £50million facelift, and to the Queen's House, where he finds out how it has been transformed into the backdrop to the Olympic equestrian course. (T) 3894

8.00 The Zoo. The first in a two-part follow-up to the 2010 series charting life at London Zoo in Regent's Park, beginning as the keepers play matchmaker to their animals. Head bird keeper Adrian is under pressure to deliver a healthy number of chicks at the zoo's newest exhibit, Penguin Beach, while head reptile keeper Ian tries to raise awareness of a devastating plague affecting frogs and save one particular species from extinction. (T) 2542

9.00 A Touch of Frost. Inspector Jack Frost reopens an unsolved murder case when the remains of a 14-year-old girl who went missing 20 years previously are discovered on a housing development. With the lead suspect back on the streets after serving a prison sentence for the murder of the teenager's best friend, the detective becomes more determined than ever to put the case to rest. Meanwhile, a late-night prank results in the death of a local businessman. Starring David Jason and Keith Barron. (R) (T) 5829

11.00 ITV News and Weather; Weather. (T) 187233

11.20 Take Me Out. A hockey champion, a drummer, a graphic designer and a gym manager try to impress 30 single women, and last week's couples go on their dates. Paddy McGuinness presents. (R) (T) 841959

12.25am Premiership Rugby Sevens Series. 1640837

1.15 The Store; ITV News Headlines. 762672

3.05 British Superbike Championship Highlights. (T) 3739011

3.55 Motorsport UK. 1815585

4.45 ITV Nightscreen. 1839585

5.30 ITV Morning News. (T) 68363

ITV1 Central

As ITV1 Anglia except: 6.30pm Central News and Weather. (T)

Movies

SKY PREMIERE

8.00pm The Help. (2011) An aspiring journalist in 1960s Mississippi creates controversy by giving black servants the chance to tell their stories. Drama, starring Emma Stone and Viola Davis.

10.30 The Debt. (2010) Former Mossad agents find the secrets behind their killing of a Nazi war criminal 30 years ago coming back to haunt them. Thriller, with Helen Mirren and Tom Wilkinson.

SKY ACTION & ADVENTURE

9.00pm Thor. (2011) The Norse god of thunder is banished to present-day Earth, which he must defend from his evil brother. Fantasy adventure, starring Chris Hemsworth and Natalie Portman.

SKY CLASSICS

7.00pm Once Upon a Time in the West. (1969) A hitman is hired to kill a widow by a railway tycoon who wants her land, but two strangers decide to protect her. Sergio Leone's Western, starring Henry Fonda.

Bridesmaids, Sky Comedy, 8pm

9.50 The Sons of Katie Elder. (1965) Four brothers unite to avenge their father's death and reclaim his ranch, but end up framed for murder. Western, with John Wayne, Dean Martin, Earl Holliman and Michael Anderson Jr.

SKY COMEDY

8.00pm Bridesmaids. (2011) A disorganised woman takes charge of her best friend's bridal party, but finds she has a rival in the wife of the groom's boss. Comedy, with Kristen Wiig and Rose Byrne.

10.10 The Stepford Wives. (2004) A TV executive leaves the rat race and moves to an idyllic town – but realises the residents are hiding a dark secret. Black comedy remake, with Nicole Kidman and Matthew Broderick.

SKY DRAMA & ROMANCE

8.00pm Footloose. (2011) A teenager moves to a conservative town and defies a ban on music and dancing enforced by the local preacher. Musical remake, with Kenny Wormald and Julianne Hough.

10.00 Burlesque. (2010) The manager of a burlesque club on the brink of closure helps transform a cocktail waitress into a star performer. Musical drama, starring Cher and Christina Aguilera.

SKY FAMILY

8.00pm Pirates of the Caribbean: On Stranger Tides. (2011) Captain Jack Sparrow's search for the fountain of youth leads to a battle with the dreaded pirate Blackbeard. Fantasy adventure sequel, with Johnny Depp.

10.20 Grown Ups. (2010) Comedy, with Adam Sandler and Chris Rock.

SKY INDIE

8.15pm Jesus Henry Christ. (2011) A 10-year-old boy genius decides the love of his single mother is not enough, and sets out in search of his biological father. Comedy drama, starring Jason Spevack.

10.00 Donnie Darko. (2001) Fantasy drama, with Jake Gyllenhaal.

SKY MODERN GREATS

8.00pm Roxanne. (1987) A sensitive fireman with a huge nose helps his handsome colleague woo a woman he loves himself. Romantic comedy based on Cyrano de Bergerac, starring Steve Martin and Daryl Hannah.

9.50 American Beauty. (1999) Oscar-winning black comedy drama, with Kevin Spacey and Annette Bening.

SKY SCI-FI/HORROR

9.00pm Fright Night. (2011) Comedy horror remake, with Anton Yelchin and Colin Farrell.

10.50 A Nightmare on Elm Street. (2010) Horror remake, starring Jackie Earle Haley and Kyle Gallner.

FILM4

11.00am Gideon of Scotland Yard. (1958) **1.00pm Meet Dave.** (2008) **2.45 The Poseidon Adventure.** (1972) **5.00 Jungle 2 Jungle.** (1997) **7.00 X-Men: The Last Stand.** (2006) **9.00 Taken.** (2008) Thriller, starring Liam Neeson. **10.50 Law Abiding Citizen.** (2009) Thriller, starring Gerard Butler and Jamie Foxx. **12.55am Whisky.** (2004) **2.55 Close.**

TCM

7.15am The Ghost and Mrs Muir. (1947) **9.15 Murder Most Foul.** (1964) **10.55 Viva Zapata!** (1952) **1.05pm Fallen Angel.** (1945) **3.00 Billy Two Hats.** (1973) **4.50 Beyond the Poseidon Adventure.** (1979) **7.05 The Man Who Never Was.** (1956) **9.00 Dead Calm.** (1989) Suspense thriller, with Nicole Kidman and Sam Neill. **10.50 Deadwood.** Alma delivers her answer to Ellsworth. **11.55 Taps.** (1981) **2.15am Off Set. 2.50 Teleshopping. 5.00 Fallen Angel.** (1945)

Radio

BBC RADIO 2

(FM: 88-90.2MHZ)
6.00am Good Morning Sunday. **9.00** Janey Lee Grace's Sunday Love Songs. **11.00** Made on Sunday. **1.00pm** Elaine Paige on Sunday. **3.00** Johnnie Walker's Sounds of the 70s. **5.00** Paul O'Grady. **7.00** Tim Rice's American Pie. The music of Hawaii. **8.00** Big Band Special. The first part of a concert celebrating the music of Peggy Lee. **8.30** Sunday Half Hour. Diane-Louise Jordan explores the life of William Wilberforce. **9.00** Russell Davies. The art of songwriting. **10.00** Clare Teal. **11.00** The David Jacobs Collection. **12.00am** Sara Cox. **2.00** Alex Lester. **5.00** Vanessa Feltz.

BBC RADIO 3

(FM: 90.2-92.4MHZ)
7.00am Breakfast; News. **9.00** Sunday Morning with Rob Cowan. **12.00pm** Private Passions; News. **1.00** Womad Live 2012. **2.00** Sunday Concert. **3.30** BBC Proms 2012. **5.45** New Generation Artists. **6.15** Proms Plus. **7.00** Choral Evensong. From Hereford Cathedral. **8.00** BBC Proms 2012. Britten, Mahler, Charlotte Bray, Stravinsky. **10.15** Womad Live 2012. **12.30am** Through the Night.

BBC RADIO 4

(FM: 92.4-94.6MHZ, LW: 198KHZ)
6.00am News Headlines. **6.05** Something Understood. **6.35** Living World. **6.57** Weather. **7.00** News. **7.07** Sunday Papers. **7.10** Sunday. **7.55** Radio 4 Appeal. **7.57** Weather. **8.00** News. **8.07** Sunday Papers. **8.10** Sunday Worship. **8.50** A Point of View. **9.00** Broadcasting House. **10.00** The Archers. **11.15** Desert Island Discs. **12.00pm** News. **12.01** (LW) Shipping Forecast. **12.04** I'm Sorry I Haven't a Clue. **12.30** The Food Programme. **12.57** Weather. **1.00** The World This Weekend. **1.30** Stepping Stones of Islamic Spain. **2.00** Gardeners' Question Time. **2.45** Witness. **3.00** Classic Serial: The Chrysalids. **4.00** Open Book. **4.30** Poetry 2012 – The Power of the Poem. **5.00** File on 4. **5.40** Profile. **5.54** Shipping Forecast. **5.57** Weather. **6.00** Six O'Clock News. **6.15** Pick of the Week. **7.00** The Archers. **7.15** I've Never Seen Star Wars. Frank Skinner tries new experiences. **7.45** The 8.51 to Brighton. **8.00** More or Less. Investigating numbers. **8.30** Last Word. **9.00** Face the Facts. **9.26** Radio 4 Appeal. **9.30** In Business. **9.59** Weather. **10.00** The Westminster Hour. **11.00** The Film Programme. **11.30** Something Understood. **12.00am** News and Weather. **12.15** Thinking Allowed. **12.45** Bells on Sunday. **12.48** Shipping Forecast. **1.00** World Service. **5.20** Shipping Forecast. **5.30** News Briefing. **5.43** Prayer for the Day. **5.45** Farming Today.

BBC RADIO CAMBRIDGESHIRE

(AM: 1026KHZ, FM: 96MHZ)
6.00am Pam Mungroo. **9.00** Andy Gall. **12.00pm** Chris South. **1.00** Cambridge Folk Festival. **4.00** Steve Cherelle. **6.00** Naked Scientists. **7.00** Bridget Metcalfe. **9.00** Northern Soul Show. With Ian Gray. **11.00** Keith Skues. **1.00am** As Radio 5 Live.

BBC RADIO 1 (FM: 97.8-99.8MHz)
BBC FIVE LIVE (AM: 693kHz, 909kHz)
HEART (FM: 103/97.4MHz)
STAR 107 (FM: 107.1MHZ, 107.9MHZ)
CLASSIC FM (FM: 100-102MHz)
CAMBRIDGE 105 (FM:105MHz)
TALKSPORT (AM: 1053kHz, 1089kHz, 1107kHz)

Satellite

SKY1

6.00am Hour of Power.† **7.00** Chris & Wes: Let's Do This.† **7.30** Chris & Wes: Let's Do This.† **8.00** The Glee Project.† **9.00** Chris & Wes: Let's Do This.† **9.30** Chris & Wes: Let's Do This.† **10.00** WWE Superstars.† **11.00** WWE: Experience.† **12.00pm** Diversity Live: The Diversitoys Tour.† **1.00** Got to Dance.† **2.00** Best of Oops TV.† **3.00** Modern Family.† **3.30** The Middle.† **4.00** Modern Family.† **4.30** The Middle.† **5.00** Futurama.† **5.30** Futurama.† **6.00** The Simpsons.† **6.30** Raising Hope.† **7.00** Sinbad.† **8.00** Terra Nova.† **9.00** The Simpsons.† **9.30** Parents.† **10.00** Strike Back: Project Dawn.† **11.00** Spartacus: Gods of the Arena.† **12.15am** Emergency with Angela Griffin.† **1.15** Big Trouble in Thailand. **2.10** Brit Cops: Frontline Crime UK. **3.00** 99 Most Bizarre. **3.50** Secret Life of Suburbia. **4.20** Gadget Geeks.† **5.10** Liza and Huey's Pet Nation.†

GOLD

6.00am Bread. **6.30** 2point4 Children. **7.10** Bread. **7.50** Keeping Up Appearances. **8.30** Keeping Up Appearances. **9.10** The Vicar of Dibley. **10.00** The Vicar of Dibley. **10.55** Only Fools and Horses. **11.35** Only Fools and Horses. **12.15pm** Only Fools and Horses. **1.20** Keeping Up Appearances. **2.00** Keeping Up Appearances. **2.40** Only Fools and Horses. **4.40** Only Fools and Horses. **5.20** Only Fools and Horses. **6.00** Only Fools and Horses. **7.10** The Vicar of Dibley. **8.05** The Vicar of Dibley. **9.00** FILM: Miss Congeniality 2: Armed and Fabulous. (2005) An FBI public relations officer defies orders and goes back undercover to find her kidnapped friends. Comedy sequel, starring Sandra Bullock. **11.20** FILM: Austin Powers: The Spy Who S*****d Me. (1999) Comedy sequel, starring Mike Myers. **1.20am** Green Wing. **2.15** The Old Guys. **2.45** Cr*pston Villas. **3.00** Close.

SKY LIVING

6.00am Passport Patrol.† **6.30** Passport Patrol. **7.00** Maury. **8.00** Drop Dead Diva.† **9.00** Ghost Whisperer.† **10.00** The Biggest Loser USA. **11.00** The Biggest Loser USA. **12.00pm** Fat Families.† **1.00** CSI: Miami.† **2.00** Nothing to Declare. **2.30** Nothing to Declare. **3.00** FILM: Agent Cody Banks.† (2003) Family spy adventure, starring Frankie Muniz. **5.00** Nothing to Declare. **5.30** Nothing to Declare. **6.00** Four Weddings US.† **7.00** Teen Wolf.† **8.00** Britain & Ireland's Next Top Model.† **9.00** Katie.† Leandro Penna and Katie Price go on safari in South Africa. **10.00** Grey's Anatomy.† **11.00** Nikita.† **12.00am** Criminal Minds.† **1.00** Maury. **1.50** The Biggest Loser USA. **2.40** The Biggest Loser USA. **3.30** Supernatural.† **4.20** Nothing to Declare. **4.45** Nothing to Declare. **5.10** Passport Patrol. **5.35** Passport Patrol.†

NAT GEOGRAPHIC

6.00am Close. **8.00** Ancient X Files.† **9.00** Legend of the Holy Spear.† **10.00** The Silver Pharaoh Mystery.† **11.00** Saxon Gold: New Secrets Revealed.† **12.00pm** Templars' Lost Treasure.† **1.00** Tornado Destruction: Caught on Camera.† **2.00** Japan's Disaster: Caught On Camera.† **3.00** Concordia Disaster: Caught On Camera.† **4.00** Megashredding: Planes, Trains & Cars.† **5.00** Cocaine Submarines.† **6.00** Ancient X Files.† **7.00** Great Lakes Ghost Ship.† **8.00** Drain the Great Lakes.† **9.00** Nazi Secrets.† **10.00** Sex for Sale: American Escort.† **11.00** 21st Century Sex Slaves.† **12.00am** Teen Sex.† **1.00** American Transgender.† **2.00** Teleshopping. **3.00** Norway Massacre: I Was There.† **3.45** Cocaine Submarines.† **4.30** Ancient X Files.† **5.15** Great Lakes Ghost Ship.†

DISCOVERY

6.00am Discovery Atlas: France Revealed.† **7.00** How Do They Do It?† **7.30** How It's Made. **8.00** Mythbusters.† **9.00** Mythbusters.† **10.00** Mythbusters.† **11.00** Mythbusters.† **12.00pm** American Guns.† **1.00** American Guns.† **2.00** American Guns.† **3.00** American Guns.† **4.00** How Do They Do It?† **4.30** How Do They Do It?† **5.00** How It's Made.† **5.30** How It's Made.† **6.00** Auction Kings.† **6.30** Auction Kings.† **7.00** Auction Hunters.† **7.30** Auction Hunters.† **8.00** Mythbusters.† **9.00** Finding Bigfoot.† **10.00** Investigation X. **11.00** How the Universe Works.† **12.00am** Finding Bigfoot.† **1.00** Investigation X. **2.00** Mythbusters.† **3.00** Mythbusters.† **3.50** Mythbusters.† **4.40** Mythbusters.† **5.30** Destroyed in Seconds

† Indicates a programme is available in High Definition

Freeview

BBC THREE

6.00am Hole in the Wall. **6.30** Total Wipeout. **7.35** FILM: Beverly Hills Chihuahua. (2008) Comedy, with Piper Perabo, and the voices of Drew Barrymore and Andy Garcia. **9.00** Olympics 2012.† Including coverage of the women's cycling road race. **2.00pm** Olympics 2012.† Including coverage of the opening sailing races. **7.00** Olympics 2012.† Including Great Britain v United Arab Emirates in the men's football (Kick-off 7.45pm). **11.00** Family Guy. **11.20** Family Guy. **11.45** American Dad! **12.05am** American Dad! **12.30** Russell Howard's Good News. **1.00** Russell Howard's Good News. **1.30** Sun, Sex and Suspicious Parents. **2.30** White Van Man. **3.00** White Van Man. **3.30** White Van Man. **4.00** White Van Man. **4.30** White Van Man. **5.00** White Van Man. **5.30** Total Wipeout.

BBC FOUR

7.00pm Himalaya with Michael Palin. **8.00** The Kenneth Williams Story. **9.30** Kenneth Williams: Fantabulosa! **10.50** Parkinson: The Interviews – Kenneth Williams. **11.30** The Cricklewood Greats. **12.15am** Thin Lizzy: Bad Reputation. **1.15** Forever Young – How Rock 'n' Roll Grew Up. **2.15** FILM: Anvil! The Story of Anvil. (2008) Sacha Gervasi's documentary follows influential Canadian rockers Anvil as they head into the studio to record their 13th album and set off on a ramshackle tour of Europe.

E4

6.00am Switched. **6.25** Jo Frost: Extreme Parental Guidance. **7.20** T4: Scrubs. **7.50** T4: Scrubs. **8.20** T4: Summer Daze.† **8.55** T4: Hollyoaks. **11.30** T4: T4: Watch. **11.45** T4: Smallville.† **12.40pm** T4: Rules of Engagement.† **1.10** T4: Rules of Engagement.† **1.40** T4: T4: Listen. **1.50** How I Met Your Mother.† **2.15** Ugly Betty.† **3.10** Glee.† **4.10** New Girl.† **4.40** Suburgatory.† **5.10** The Big Bang Theory.† **5.40** The Big Bang Theory.† **6.10** Revenge.† **7.10** FILM: Ice Age: The Meltdown.† (2006) Animated adventure sequel, with the voices of Ray Romano and Denis Leary. **9.00** 50 Greatest Plastic Surgery Shockers. **11.10** 2 Broke Girls.† **11.40** New Girl.† **12.05am** The Inbetweeners Top 10 Moments. **1.10** The Big Bang Theory.† **1.35** The Big Bang Theory.† **2.00** The Event.† **2.40** Dirty Sexy Money.† **3.20** Accidentally on Purpose.† **3.40** Accidentally on Purpose.† **4.00** Switched. **4.25** Switched. **4.45** Switched. **5.05** Switched.

MORE4

8.55am Baking Mad with Eric Lanlard. **9.35** River Cottage Bites. **9.45** Jamie's 30 Minute Meals. **10.15** Jamie's 30 Minute Meals. **10.50** Jamie's 30 Minute Meals. **11.20** Jamie's 30 Minute Meals. **11.50** Jamie's 30 Minute Meals. **12.25pm** Time Team. **1.30** Time Team. **2.30** Four in a Bed. **3.05** Four in a Bed. **3.35** Four in a Bed. **4.10** Four in a Bed. **4.40** Four in a Bed. **5.15** Come Dine with Me. **5.45** Come Dine with Me. **6.20** Come Dine with Me. **6.50** Come Dine with Me. **7.25** Come Dine with Me. **7.55** River Cottage Every Day. **9.00** One Born Every Minute. **10.00** Father Ted. **10.35** Father Ted. **11.10** Embarrassing Bodies. **12.15am** One Born Every Minute. **1.20** Time Team USA. **2.25** Time Team USA. **3.25** Close.

ITV2

6.00am The Biggest Loser.† **6.50** Emmerdale.† **9.35** Coronation Street.† **12.35pm** Winners & Losers. **1.35** The Only Way Is Essex.† **2.15** The Only Way Is Essex.† **3.00** FILM: The Flintstones in Viva Rock Vegas.† (2000) **4.50** FILM: Dante's Peak.† (1997) Disaster movie, starring Pierce Brosnan. **6.50** FILM: The Mummy: Tomb of the Dragon Emperor.† (2008) Fantasy adventure sequel, starring Brendan Fraser. **9.00** Benidorm.† **10.00** The Only Way Is Essex.† **10.45** FILM: The Jacket.† (2005) **12.50am** The Only Way Is Essex.† **1.35** The Only Way Is Essex.† **2.15** The Planet's Funniest Animals. **2.35** Teleshopping. **5.35** ITV2 Nightscreen.†

ITV3

6.00am Film File.† **6.10** Carry On Laughing. **6.35** Murder, She Wrote.† **7.35** Murder, She Wrote.† **8.35** Heartbeat. **9.35** Heartbeat. **10.40** Rosemary & Thyme. **11.40** Rosemary & Thyme. **12.45pm** The Casebook of Sherlock Holmes.† **1.50** Dickinson's Real Deal. **2.50** Dickinson's Real Deal. **3.50** FILM: Doc Hollywood.† (1991) Comedy, with Michael J Fox and Woody Harrelson. Including FYI Daily. **5.50** Agatha Christie's Poirot.† **7.55** Agatha Christie's Poirot.† **9.00** FILM: Vertigo.† (1958) Alfred Hitchcock's thriller, starring James Stewart.

The Jacket, ITV2, 10.45pm

11.40 Trial & Retribution. **1.40am** Rosemary & Thyme. **2.30** Rosemary & Thyme. **3.20** ITV3 Nightscreen.† **3.35** Emmerdale.†

ITV4

6.00am Greatest World Cup Matches. **6.15** Tommy Cooper. **6.40** The Saint. **7.30** Minder. **8.25** The Big Match Revisited. **9.15** Police, Camera, Action! **9.50** Border Security USA. **10.50** The Cycle Show.† **11.15** Minder. **12.20pm** The Professionals. **1.20** FILM: The Sea Shall Not Have Them. (1955) Drama, starring Dirk Bogarde, Michael Redgrave and Bonar Colleano. Including FYI Daily. **3.20** FILM: The Battle of Midway.† (1976) Fact-based Second World War drama, starring Charlton Heston, Henry Fonda, James Coburn and Robert Mitchum. Including FYI Daily. **6.00** FILM: 633 Squadron.† (1964) Second World War drama, starring Cliff Robertson and George Chakiris. Including FYI Daily. **8.00** Premiership Rugby Sevens Series. **9.00** FILM: The Jerk.† (1979) Comedy, starring Steve Martin. **11.00** FILM: Midnight Run.† (1988) Comedy thriller, starring Robert De Niro. **1.25am** Vinnie Jones' Toughest Cops. **2.25** Police, Camera, Action! **2.55** ITV4 Nightscreen.† **3.00** Teleshopping.

5USA

6.00am Teleshopping. **12.00pm** FILM: Sinbad and the Eye of the Tiger. (1977) Fantasy adventure, starring Patrick Wayne and Jane Seymour. **2.15** CSI: Miami. **3.10** Law & Order. **4.05** NCIS. **5.05** NCIS. **6.00** CSI: Crime Scene Investigation. **7.00** CSI: Crime Scene Investigation. **8.00** CSI: Crime Scene Investigation. **9.00** CSI: NY. **10.00** CSI: Miami. **11.00** CSI: Crime Scene Investigation. **12.00am** CSI: NY. **12.55** Inside Hollywood. **1.00** Close.

5*

6.00am Teleshopping. **1.00pm** 5* Access. **1.15** Big Brother. **2.10** Once Upon a Time. **3.10** Once Upon a Time. **4.05** Once Upon a Time. **5.05** Once Upon a Time. **6.00** Cowboy Builders. **7.00** Once Upon a Time. **7.55** 5* Access. **8.00** The Mentalist. **9.00** The Mentalist. **10.00** Big Brother's Bit on the Side. **11.00** The Bachelor. **12.00am** Teleshopping.

DAVE

7.00am Dangerous Jobs for Girls. **7.50** Top Gear. **8.50** The Gadget Show. **9.20** Hole in the Wall. **10.00** Hole in the Wall. **10.40** Shooting Stars.† **11.20** Shooting Stars.† **12.00pm** Man v Food.† **1.00** Top Gear. **2.00** Red Dwarf. **2.40** Ql. **3.20** Dara O Briain: School of Hard Sums.† **4.00** Man v Food.† **4.30** Man v Food.† **5.00** Top Gear. **6.00** Red Dwarf. **6.40** Ql. **7.20** Dara O Briain: School of Hard Sums.† **8.00** Man v Food.† **8.30** Man v Food.† **9.00** Mock the Week. **9.40** Mock the Week. **10.20** Mock the Week. **11.00** Mock the Week. **11.40** Mock the Week. **12.20am** Mock the Week. **1.00** Mock the Week. **1.35** Mock the Week. **2.05** The Armstrong & Miller Show. **2.35** Speeders.

Sport

SKY SPORTS 1

6.00am Darts.† **9.00** Cricket Writers on TV.† **10.30** Sporting Greats. **11.00** Live Ladies European Tour Golf.† **4.00pm** Live European Seniors Tour Golf.† **7.00** Live Darts.† **9.00** Time of Our Lives. **10.00** Golden Moments of European Football. **11.00** Darts.† **1.00am** Premiership Years. **3.00** Time of Our Lives. **4.00** Darts.†

SKY SPORTS 2

6.00am Soccer AM.† **7.00** Grand Prix Speedway.† **10.00** FIFA Futbol Mundial. **10.30** Darts.† **1.30pm** Live ECB 40 League Cricket.† **7.30** Live Super League.† **10.00** WWE: Late Night – Afterburn.† **11.00** Super League Full Time.† **12.00am** Soccer AM: The Best Bits.† **1.00** Super League.†

SKY SPORTS 3

6.00am Racemax. **7.00** Canter Banter. **7.30** Volvo Ocean Race.† **9.00** Premiership Years. **11.00** Football's Greatest. **11.30** Canter Banter. **12.00pm** Grand Prix Speedway.† **3.00** Premiership Years. **5.00** Soccer AM: The Best Bits.† **6.00** Canter Banter. **6.30** This Week In WWE.† **7.00** WWE: Experience.† **8.00** Live PGA Tour Golf.† **11.00** Golf.† **1.30am** PGA Tour Golf.† **4.30** Close.

EUROSPORT

6.00am Olympics: English Breakfast.**7.30** Olympic Swimming.† **8.30** Live Olympics.† **10.00** Live Olympic Swimming.† **12.15pm** Live Olympic Artistic Gymnastics.† **12.45** Live Olympics.† Live coverage from across the second day of the Games. **2.25** Olympics: London Eye. **2.30** Live Olympic Cycling.† The women's road race. **4.00** Live Olympic Weightlifting.† The women's 53kg discipline. **5.15** Live Olympic Artistic Gymnastics.† The women's qualifying competition. **6.00** Olympic Diving.† **6.40** Olympics: London Eye. **6.45** Live Olympics.† Live coverage from across the second day of the Games. **7.30** Live Olympic Swimming.† The second evening of action at the Aquatics Centre. **9.00** Live Olympic Volleyball.† **9.45** Olympic Games: Together to London. **10.15** Live Olympic Volleyball.† **11.30** Olympic Artistic Gymnastics.† **12.15am** Olympic Swimming.† **1.15** Olympic Cycling.† **2.00** Olympic Weightlifting.† **3.00** Olympic Artistic Gymnastics.† **4.00** Olympic Swimming.† **5.00** Olympic Games: Together to London. **5.30** Olympics: English Breakfast.

ESPN

6.00am Live Australian Rules Football. **9.00** PTI London Interrupted. **9.30** Premier League World.† **10.00** Live Football. Kitchee FC v Arsenal (Kick-off 10.00am). **12.00pm** Football. **1.30** Football. **3.00** Live ATP Tennis. **5.00** American Le Mans Series. **6.00** Football. **7.45** ESPN Kicks: Brasileirao. **8.00** Live Brazilian Football Championship. **10.00** Major League Soccer. **11.45** ESPN Kicks: Extra. **12.00am** PTI London Interrupted. **12.30** Press Pass 2012. **1.30** NHRA Drag Racing. **3.30** American Le Mans Series. **4.30** World Series by Renault.

BBC1

6.00am Olympic Breakfast. Bill Turnbull and Hazel Irvine present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 824856

9.00 Olympics 2012. Mishal Husain presents coverage of the day's rowing heats and repechages from Eton Dorney, and the latest swimming heats at the Aquatics Centre. (C) 967740

11.30 Olympics 2012. Matt Baker and Rishi Persad introduce coverage of the individual and team cross-country eventing disciplines at Greenwich Park from 12.30. With commentary by Michael Tucker. (C) 86566

1.00pm BBC News; Weather. (C) 22498

1.30 Regional News; Weather. (C) 95846027

1.45 Olympics 2012. Jake Humphrey and Clare Balding introduce coverage of the men's synchronised 10m platform diving final, along with the cross-country eventing disciplines. (C) 20811214

4.00 Olympics 2012. Sue Barker introduces coverage of the men's team artistic gymnastics final, which gets under way at 4.30 at the North Greenwich Arena. The top eight teams from the qualifiers will compete in this final, and Britain were looking to progress, having secured their place at the Games by winning the Test Event in January at this venue. Three team members compete on each of the different apparatus, and Team GB are represented by the likes of Louis Smith, Daniel Purvis and Kristian Thomas. With commentary by Matt Baker, Mitch Fenner and Christine Still. (C) 8108

6.00 BBC News; Weather. (C) 943

6.30 Look East; Weather. (C) 295

7.00 Olympics 2012. Gary Lineker presents all the action from this evening's swimming session at the Aquatics Centre, where four finals and three semi-finals are set to take place. The schedule begins with the semi-finals of the women's 200m freestyle from **7.30**, followed by the finals of the men's 200m freestyle at **7.41**, women's 100m backstroke at **7.49**, men's 100m backstroke at **7.56** and women's 100m breaststroke at **8.13**, concluding with the semi-finals of the men's 200m butterfly from **8.30** and women's 200m individual medley from **8.51**. The freestyle final is likely to be another chance for American star Ryan Lochte to claim gold, but there will be high hopes of British success in the backstroke events. Gemma Spofforth set the world record in Rome three years ago on her way to winning the world championship, and Liam Tancock is a three-time world champion and holds the world record in the shorter 50m discipline. Clare Balding and Mark Foster introduce the swimming, with commentary by Andy Jameson and Adrian Moorhouse, and analysis by Ian Thorpe. Plus, updates on the rest of the evening's action, which includes men's team artistic gymnastics and men's boxing flyweight and light heavyweight bouts. (C) 387740

10.00 BBC News. (C) 28011

10.30 Regional News; Weather. (C) 907301

10.40 Olympics Tonight. *See Pick of the day.* (C) 4197547

12.00am BBC News. (C) 9148054

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the third day's events at London 2012, and looks ahead to tomorrow's potential highlights. (C) 5726667

12.55 Weatherview. (C) 4452764

1.00 BBC News. (C) 7596899

Pick of the day

Olympics Tonight

BBC1, 10.40pm

Gabby Logan presents a look back at the day's highlights on day three in London, as well as live coverage of the late-night event. The third day was one which saw much of the attention on the Aquatics Centre, where Tom Daley, pictured, and Peter Waterfield were aiming for diving gold, and the likes of Gemma Spofforth and Liam Tancock were gunning for glory in the women's and men's 100m backstroke finals.

EastEnders

BBC2, 8pm

Tanya grills her mum for information about the sister she never knew existed, but Cora refuses to give anything away, leaving her daughter devastated. Lola cannot bear being kept apart from baby Lexi when she begins her community service, while Lucy arranges to do volunteer work in exchange for gig tickets, although Lauren and Whitney try to bail out after discovering it involves feeding the homeless.

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 4168905 **6.15 Chuggington: Badge Quest.** (R) (C) 1965295 **6.20 Timmy Time.** (R) (C) 2668059 **6.30 The Adventures of Abney & Teal.** (R) (C) 3818818 **6.40 Octonauts.** (R) (C) 3830030 **6.50 Rastamouse.** (R) (C) 3827566 **7.05 CBBC: Deadly 60.** (R) (C) 9705905 **7.30 Horrible Histories.** (R) (C) 99996 **8.00 The Scooby-Doo Show.** (R) (C) 1494160 **8.25 Tree Fu Tom.** (R) (C) 6335504 **8.45 Justin's House.** (R) (C) 743924 **9.15 Heir Hunters.** (R) (C) 9156943 **10.00 Homes Under the Hammer.** (R) (C) 99160 **11.00 Cowboy Trap.** (R) (C) 2789363 **11.45 Cash in the Attic.** (R) (C) 752672 **12.15pm Bargain Hunt.** (R) (C) 1511721 **1.00 Olympics 2012.** Further coverage of the equestrian eventing disciplines. (C) 2685283 **1.45 Escape to the Country.** (C) 744112 **2.15 Flog It!** (R) (C) 8876092 **3.00 CBBC: 3.00 Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 5634 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 301 **4.00 The Sarah Jane Adventures.** (R) (C) 108 **4.30 Project Parent.** (R) (C) 932 **5.00 Newsround.** (C) 3979092 **5.05 Shaun the Sheep.** (R) (C) 4475672 **5.15 Antiques Road Trip.** (R) (C) 2830978

6.00 Olympics 2012. Sue Barker presents further coverage on day three of the Games. (C) 69856

7.00 Coast. Exploring the tidal ebb and flow of the seas surrounding Britain, including the rapids off the coast of Anglesey and the marine wildlife visible from Jersey's Seymour Tower. (R) (C) 6837

8.00 EastEnders. *See Pick of the day.* (C) 6363

8.30 Disabled or Faking It? – Panorama. Declan Lawn investigates the Government's efforts to get millions of people off disability benefits and back into work, and the effectiveness of companies hired to assess claimants. (C) 5498

9.00 Mission to Mars: A Horizon Special. Nasa's latest attempt to explore Mars using a nuclear-powered rover vehicle, which scientists hope will enable them to investigate the possibility of life on the planet. (C) 5721

10.00 Olympics 2012. Gary Lineker introduces further coverage from across London on day three of the Games, featuring boxing, beach volleyball and volleyball. (C) 928059

10.40 Newsnight; (C) Weather. (C) 434295

11.30 Prince: A Purple Reign. (R) (C) 92479

12.30am The Dark: Nature's Nighttime World. (R) (C) 27967

1.30 Sign Zone: Coast. (R) (C) 99994

2.30 Sign Zone: Alex Polizzi: The Fixer. (R) (C) 99967

3.30 Sign Zone: Britain's Heritage Heroes. (R) (C) 45851

4.00 Close

Channel 4

6.10am Channel 4 Presents: London 2012 – Stephen Miller Part III. (R) (T) 1951092 **6.15 The Hoobs.** (R) (T) 7815059 **6.40 The Hoobs.** (R) (T) 4628011 **7.05 Freshly Squeezed.** (T) 9723301 **7.30 According to Jim.** (R) (T) 3998030 **7.55 Will & Grace.** (R) (T) 3973721 **8.25 Everybody Loves Raymond.** (R) (T) 1422943 **8.55 Frasier.** (R) (T) 3118363 **9.30 Come Dine with Me.** (R) (T) 42189 **10.00 Come Dine with Me.** (R) (T) 77450 **10.30 Come Dine with Me.** (R) (T) 29740 **11.00 Come Dine with Me.** (R) (T) 1030 **11.30 Come Dine with Me.** (R) (T) 9059 **12.00pm Channel 4 News Midday Summary.** (T) 4862363 **12.05 Channel 4 Presents – London 2012: Ellie Simmonds – Part III.** (R) (T) 4861634 **12.10 River Cottage Bites.** (R) (T) 2228905 **12.25 FILM: Anna and the King (1999).** Period drama, starring Jodie Foster and Chow Yun-Fat. (T) 12257092 **3.10 Countdown.** (T) 5233030 **4.00 Deal or No Deal.** (T) 2382 **5.00 Four in a Bed.** (R) (T) 2547 **5.30 Come Dine with Me.** (R) (T) 740

6.00 The Simpsons. (R) (T) 653

6.30 Hollyoaks. (T) 905

7.00 Channel 4 News. (T) 161769

7.55 4thought.tv. As the 2012 Olympic Games begin, 4thought.tv asks about faith in sport. Kickboxer and Muslim revert Khadijah Safari reveals how her sport can adapt to her beliefs. (T) 631672

8.00 Britain on the Sick: Channel 4 Dispatches. Jackie Long investigates the methods used to assess sickness and disability benefit claimants, and gauge their fitness for work. (T) 1059

8.30 Simply Italian. New series. Michela Chiappa demonstrates how to create Italian family dishes, taking viewers through the basics of making dough, sauces, filled pasta and a few celebratory specials. (T) 7586

9.00 Undercover Boss. Pam Finnis, managing director of one of Britain's biggest care-home operators, goes undercover to investigate the quality of the service provided by her company. (T) 7189

10.00 Jimmy Carr: Being Funny. A stand-up gig at Birmingham's Symphony Hall. (T) 6717585

11.05 Coming Up. Two Belfast teenagers play truant from school. (T) 760130

11.40 FILM: What If (2012). Short drama, starring Noel Clarke. (T) 775924

12.10am Random Acts. (T) 4322561

12.15 Embarrassing Bodies. (R) (T) 5392509

1.10 The Good Wife. (T) 7460412

1.55 The Good Wife. (T) 8998764

2.35 The Big C. (T) 2897141

3.05 St Elsewhere. (R) (T) 6073986

3.50 FILM: Living Free (1972). Fact-based drama sequel, starring Susan Hampshire. (T) 2109561

5.20 Deal or No Deal: Gold Medal Deal. (R) (T) 3172054

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 61859818 **6.10 The WotWots.** (R) (T) 61873498 **6.20 City of Friends.** (R) (T) 61862382 **6.30 Jelly Jamm.** (R) (T) 23503943 **6.45 Peppa Pig.** (R) (T) 53027189 **6.50 Castle Farm.** (R) (T) 53040030 **6.55 Little Princess.** (R) (T) 53030653 **7.05 Ben and Holly's Little Kingdom.** (R) (T) 4443382 **7.20 The Mr Men Show.** (R) (T) 1823634 **7.35 Thomas & Friends.** (R) (T) 8492108 **7.45 Make Way for Noddy.** (R) (T) 8405672 **8.00 Fifi and the Flowertots.** (R) (T) 8182473 **8.10 Peppa Pig.** (R) (T) 4969363 **8.15 Peppa Pig.** (R) (T) 3132978 **8.25 Peppa Pig.** (R) (T) 4964818 **8.30 Roary the Racing Car.** (R) (T) 3205566 **8.40 Bananas in Pyjamas.** (T) 7866924 **9.00 Igam Ogam.** (R) (T) 2619585 **9.15 The Wright Stuff.** 58560382 **11.10 Cowboy Builders.** (R) (T) 8681818 **12.10pm 5 News Lunchtime.** (T) 58498818 **12.15 Big Brother.** (R) (T) 8211837 **1.15 Extraordinary Dogs.** (R) (T) 1434450 **1.45 Neighbours.** (T) 1433721 **2.15 The Mentalist.** (R) (T) 8224301 **3.15 Rosamunde Pilcher's Spring.** (R) (T) 10023127 **5.00 5 News at 5.** (T) 9859566 **5.30 Neighbours.** (R) (T) 2195382

6.00 Monkey Life. (T) 2192295

6.30 5 News at 6.30. (T) 2183547

7.00 Police Interceptors. A drug dealer who has been driving dangerously reveals a surprising amount of information when he is pulled over, and friends try to baffle the pursuit team by changing their names; (R) (T) 5 News Update. (T) 6443295

8.00 Arctic Icebreakers. The design and engineering features of ships that transport cargo through ice-bound waters, exploring four steps in the development of the craft since the 19th century; (T) 5 News at 9. (T) 6452943

9.00 Big Brother. The housemates are once more forced to reveal what they really think of each other as the latest round of nominations takes place. Narrated by Marcus Bentley. (T) 6449479

10.00 The Walking Dead. Rick decides the survivors need to change their mentality following their latest loss – but his announcement prompts a furious Shane to devise a plan of his own. (T) 6442566

11.00 FILM: Once Upon a Time in Mexico (2003). A legendary gunman seeking revenge for his wife's murder is recruited into a CIA agent's plan to stop an assassination. Action thriller, starring Johnny Depp. (T) 6900547

12.55am SuperCasino. 66438615

4.00 Great Scientists. (R) (T) 57609431

4.20 Michaela's Wild Challenge. (R) (T) 57687219

4.45 Michaela's Wild Challenge. (R) (T) 54904615

5.10 Wildlife SOS. (R) (T) 27215561

5.35 Wildlife SOS. (R) (T) 99900615

ITV1

6.00am Daybreak. (T) 245030

8.30 Lorraine. (T) 9530382

9.25 The Jeremy Kyle Show. (T) 3318943

10.30 This Morning. (T) 18301

12.30pm 60 Minute Makeover. (R) (T) 68382

1.30 ITV News and Weather. (T) 87041634

1.55 Anglia News and Weather. (T) 93331950

2.00 Murder, She Wrote. Part two of two. Jessica risks her life. (R) (T) 87837

3.00 Dickinson's Real Deal. From Salisbury, Wiltshire. (R) (T) 2905

3.59 Anglia Weather. (T) 6452030

4.00 Midsomer Murders. Part one of two. A paranormal mystery baffles Barnaby. (R) 4740

5.00 Dinner Date. Tatiana from Essex considers the menus of five suitors. (T) 6740

6.00 Anglia Tonight; Weather. (T) 951

6.30 ITV News and Weather. (T) 363

7.00 Emmerdale. Charity visits Carl and Jimmy with a business proposal, knowing the firm is struggling, while Moira encourages Alex to make amends with Victoria, but ends up flirting with him. (T) 4769

7.30 Coronation Street. Ryan offers Kylie drugs during a drunken night out, and Izzy informs Gary that she does not want to try for another baby. (T) 547

8.00 Countrywise. The team visits St David's Head, the westernmost point in Wales, from where Paul Heiney walks the Pembrokeshire coastal path and Charlotte Uhlenbroek takes a boat to Ramsey Island. (T) 2419

8.30 Coronation Street. A furious David reveals Ryan's drug addiction to Michelle, who storms into the Rovers to confront her son, while Stella tells Karl she wants him to sign over the pub and mortgage. (T) 2924

9.00 We Love the Monkees. The story of the 1960s pop group, who were put together in Los Angeles for a TV show as America's answer to the Beatles, had a string of hits and made a star of Manchester-born actor and singer Davy Jones, who died in February. The film includes new interviews with fellow band members Micky Dolenz and Peter Tork, insiders reveal how the musicians first came together and Davy's sisters and daughters talk about his rise to fame and what it was like growing up with a celebrity dad. (T) 9547

10.00 ITV News at Ten and Weather. (T) 20479

10.30 Anglia News and Weather. (T) 252363

10.35 Real Crime with Mark Austin: Murder of a Father. Garry Newlove's widow Helen and the couple's daughters talk about the murder of the 47-year-old, who was beaten to death after confronting a gang of youths outside his home in 2007. (R) (T) 169479

11.35 In Plain Sight. Mary believes romance is in the air for her new witness when he falls in love. However, her optimism turns to concern when the former hitman with a passion for explosives is dumped. (R) (T) 353276

12.20am Jackpot247; ITV News Headlines. 66173325

2.35 The Jeremy Kyle Show. (R) (T) 7771899

3.30 ITV Nightscreen. 8753493

4.35 The Jeremy Kyle Show. (R) (T) 7119783

5.30 ITV Morning News. (T) 14986

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. (T) 10.30 Local News and Weather. (T)

BBC1

6.00am Olympic Breakfast. Bill Turnbull and Hazel Irvine present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 340696

9.00 Olympics 2012. Mishal Husain and Rishi Persad present the opening sports on day four, featuring the latest swimming heats, rowing repechages and the eventing team and individual show jumping. (C) 483580

11.30 Olympics 2012. Matt Baker introduces further coverage from Greenwich Park, where the team eventing reaches a conclusion with the end of the show jumping discipline. Olympics coverage continues on BBC2. (C) 27520493

1.15pm BBC News; Weather. (C) 557431

1.45 Regional News; Weather. (C) 38696144

2.00 Olympics 2012. Jake Humphrey, Jonathan Edwards and Rishi Persad present the conclusion of the eventing individual show jumping final from 2.30 and the men's canoe slalom C1 final from 3.35. (C) 9493

4.00 Olympics 2012. Sue Barker introduces the final of the women's team artistic gymnastics event at the North Greenwich Arena. The British team qualified for the Games courtesy of their fifth-placed finish at last year's world championships, and came fourth at the Europeans in May with an inexperienced line-up. Hannah Whelan and the veteran Beth Tweddle will need to be on top form to propel Britain into challenging for the medals, with the USA, Russia and reigning champions China the favourites heading into the final. The USA won a medal in all but one of the women's disciplines in Beijing four years ago, and claimed gold in the 2011 world championships. With commentary by Matt Baker, Mitch Fenner and Christine Still. Olympics coverage continues on BBC2. (C) 8677

6.00 BBC News; Weather. (C) 219

6.30 Look East; Weather. (C) 899

7.00 Olympics 2012. *See Pick of the day.* (C) 894832

10.00 BBC News. (C) 39344

10.30 Regional News; Weather; (C) National Lottery Update. (C) 421783

10.40 Olympics Tonight. Gabby Logan and guests look back on the fourth day's events at the London Games, and present live coverage of the sports still taking place, including basketball and volleyball. Artistic gymnastics, swimming and equestrian were among the sports expected to provide today's headline-makers, while the rowing, boxing and tennis continued and the British women's football team played their final group match against Brazil. The Brazilians are also in action late tonight against Russia in the men's volleyball preliminary at Earls Court, and the high-profile men's USA basketball team face Tunisia in their Group A match at the Basketball Arena. Plus, a preview of day five, with highlights including the first rowing finals, the cycling road time-trials and Great Britain v Uruguay in the men's football. (C) 4164219

12.00am BBC News. (C) 4825807

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the fourth day's events at London 2012, and looks ahead to tomorrow's potential highlights. Day four saw 15 gold medals decided in canoeing, equestrian, diving, fencing, gymnastics, judo, shooting, swimming and weightlifting, and a number of other disciplines continuing. (C) 3787536

12.55 Weatherview. (C) 5639401

1.00 BBC News. (C) 1877401

Pick of the day

Olympics 2012

BBC1, 7pm

Gary Lineker presents this evening's coverage, including four swimming finals at the Aquatics Centre, and updates on the women's football fixture between Great Britain and Brazil. Britain's big medal hope in the pool tonight is Hannah Miley, pictured, providing she managed to qualify for the 200m individual medley final, having failed to do so four years ago. With commentary by Andy Jameson and Adrian Moorhouse.

Love Your Garden

ITV1, 8pm

Bluebell Wood Children's Hospice in South Yorkshire is devoted to the support of children with shortened life expectancy. One key thing missing from the Hospice was a place where families left behind could reflect on the life which had passed on. Alan Titchmarsh was keen to put that right, and plans to create a garden of peace and tranquillity. Alas, it's not long before the weather has thrown a spanner in the works.

ITV1

6.00am Daybreak. (T) 761870

8.30 Lorraine. (T) 9507054

9.25 The Jeremy Kyle Show. (T) 3385615

10.30 This Morning. (T) 12344

12.30pm 60 Minute Makeover. Home improvement challenge from Greenford, west London. (R) (T) 79615

1.30 ITV News and Weather. (T) 87018306

1.55 Anglia News and Weather. (T) 27636162

2.00 Murder, She Wrote. An old case is reopened. (R) (T) 81870

3.00 Dickinson's Real Deal. From Doncaster, South Yorkshire. (R) (T) 1986

3.59 Anglia Weather. (T) 6429702

4.00 Midsomer Murders. Conclusion. Cully's boyfriend lands a TV role as a detective, and asks if he can shadow Troy to learn more about how to play the part. John Nettles and Prunella Scales star. (R) 2603

5.00 Dinner Date. Jordan from Essex chooses three blind dates from five potential partners, based entirely on the menus they have created. Having dined with each of them, he decides who he wants to see again. Matchmaking show, narrated by Charlotte Hudson. (T) 3509

6.00 Anglia Tonight; Weather. (T) 615

6.30 ITV News and Weather. (T) 967

7.00 Emmerdale. Alex's growing attraction to Moira continues as he sings her praises to a prospective client and ends up trying to kiss her. Charity is surprised when Rishi supports her plan to take over the haulage business, but Nikhil is frustrated by his dad's decision. Nicola gives Jimmy a pep talk, while a girl at kids' club teases Amelia about her mother's sexuality. (T) 4238

7.30 Trash to Treasure. Ribble Reclamation boss Paul is frustrated that the company appears to buying more than it is selling, so when manager Dale buys two stone fonts from a customer for £350, he decides the time has come for a serious business talk. Meanwhile, Beeston owner Trev is delighted when yard manager Tim makes a massive profit on a fireplace he bought only hours earlier. Narrated by Liza Tarbuck. (T) 851

8.00 Love Your Garden. *See Pick of the day.* (T) 5054

9.00 Benidorm. Madge suspects her estranged daughter has turned up at the Solana with her eyes on Mel's money. Meanwhile, a cockney conman (guest star Robin Askwith from the *Confessions* films) starts working his charm on the guests. Comedy, starring Sheila Reid and Geoffrey Hutchings. (R) (T) 5290

10.00 ITV News at Ten and Weather. (T) 24412

10.30 Anglia News and Weather. (T) 709073

10.35 FILM: **The Fugitive (1993).** A doctor is wrongly accused of his wife's murder and forced to go on the run to prove his innocence – but his efforts to find the mysterious one-armed man he believes is the real killer are hampered by a tenacious US marshal. Thriller, starring Harrison Ford, an Oscar-winning Tommy Lee Jones, Sela Ward and Joe Pantoliano. (T) 23005141

1.00am Jackpot247; ITV News Headlines. 83994

3.00 Golden Balls. (R) (T) 2516807

3.50 ITV Nightscreen. 659888

5.30 ITV Morning News. (T) 84791

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 10.30 Local News and Weather. (T)

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 4135677 **6.15 Chuggington: Badge Quest.** (R) (C) 1932967 **6.20 Timmy Time.** (R) (C) 2628431 **6.30 The Adventures of Abney & Teal.** (R) (C) 3878290 **6.40 Octonauts.** (R) (C) 3807702 **6.50 Rastamouse.** (R) (C) 3894238 **7.05 CBBC: Deadly 60.** (R) (C) 9772677 **7.30 Horrible Histories.** (R) (C) 28899 **8.00 The Scooby-Doo Show.** (R) (C) 1461832 **8.25 Tree Fu Tom.** (R) (C) 1036236 **8.45 Justin's House.** (R) (C) 267306 **9.15 Heir Hunters.** (R) (C) 9123615 **10.00 Homes Under the Hammer.** (R) (C) 17783 **11.00 Cowboy Trap.** (R) (C) 2756035 **11.45 Cash in the Attic.** (R) (C) 4940580 **12.30pm Bargain Hunt.** (R) (C) 5458293 **1.15 Olympics 2012.** Including the canoe slalom semi-finals. (C) 3159590 **2.00 Flog It!** (R) (C) 94344 **3.00 CBBC: Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 8431 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 677 **4.00 The Sarah Jane Adventures.** (R) (C) 412 **4.30 Serious Explorers: Livingstone.** (R) (C) 696 **5.00 Newsround.** (C) 3946764 **5.05 Shaun the Sheep.** (R) (C) 4442344 **5.15 Antiques Road Trip.** (R) (C) 1292890

6.00 Olympics 2012. Featuring tennis and men's basketball. (C) 63899

7.00 Helicopter Rescue. New series. Documentary following RAF Search and Rescue crews in Wales as they carry out their life-saving work, beginning with a kayaker in trouble in the Neath valley. (C) 9752

7.30 EastEnders. Lucy backs out of feeding the homeless to sort out a problem at the cafe, so her friends go without her – only for Lauren to spot a familiar face among those living rough. (C) 325

8.00 Holby City. Tara tries to win Jac's support for a research project, but she refers her to Ollie – forcing the young doctor to consider how she feels about him. Michael clashes with Serena. (C) 8528

9.00 The Midwives. New series. An insider's view of the profession in 21st-century Britain, beginning at St Mary's Hospital in Manchester, home to one of the busiest maternity units in the country. (C) 8764

10.00 Olympics 2012. Coverage from across day four of the Games. (C) 435141

10.40 Newsnight; (C) Weather. (C) 967325

11.30 The Super League Show. Damien Johnson introduces action from the latest clashes. (C) 807899

12.15am Word Up! – Black American Pop at the BBC. (C) 585994

1.15 Sign Zone: Indian Ocean with Simon Reeve. (R) (C) 581178

2.15 Sign Zone: Alex Polizzi: The Fixer. (R) (C) 565130

3.15 Sign Zone: Britain's Heritage Heroes. (R) (C) 47623

3.45 Close

Channel 4

6.15am The Hoobs. (R) (T) 7875431 **6.40 The Hoobs.** (R) (T) 4695783 **7.05 Freshly Squeezed.** (T) 9790073 **7.30 According to Jim.** (R) (T) 3965702 **7.55 Will & Grace.** (R) (T) 8917324 **8.20 Everybody Loves Raymond.** (R) (T) 1490344 **8.50 Frasier.** (R) (T) 7133054 **9.20 Come Dine with Me.** (R) (T) 5809031 **9.55 Come Dine with Me.** (R) (T) 5170431 **10.25 Come Dine with Me.** (R) (T) 8463528 **10.55 Come Dine with Me.** (R) (T) 7603561 **11.30 Come Dine with Me.** (R) (T) 8412 **12.00pm Channel 4 News Midday Summary.** (T) 4839035 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 7435306 **1.00 Jamie's 30 Minute Meals.** (R) (T) 5922306 **1.35 Channel 4 Racing.** Live coverage of the first day of the Glorious Goodwood festival. (T) 65864716 **4.00 Deal or No Deal.** (T) 8035 **5.00 Four in a Bed.** (R) (T) 5344 **5.30 Come Dine with Me.** (R) (T) 344

6.00 The Simpsons. (R) (T) 257

6.30 Hollyoaks. (T) 509

7.00 Channel 4 News. (T) 694899

7.55 4thought.tv. Teacher Nicola Hobbs talks about the power of yoga, and how she believes it can help people overcome the divisions that religion sometimes creates in society. (T) 164702

8.00 Beauty & the Beast: Ugly Face of Prejudice. A hairdresser obsessed with beauty treatments meets a teacher who has Treacher Collins syndrome, which affects the development of bones and tissue in the face. Last in the series. (T) 3696

9.00 Secrets of the Shoplifters. Follow-up to the January documentary exploring the rise in shoplifting in Britain. A wheelchair-user and a pensioner are among the array of characters caught stealing in York. (T) 3832

10.00 Lost Children. Two-part documentary about a Berkshire school dedicated to troubled children. (T) 6784257

11.05 Random Acts. (T) 310238

11.10 Thelma's Gypsy Girls. Thelma Madine invites the trainees to her daughter's birthday party. (R) (T) 660325

12.15am Poker. (T) 570062

1.15 Road to London 2012: Paralympics Extra. (T) 7826739

1.40 KOTV Boxing Weekly. (T) 9623739

2.10 Sailing: America's Cup Discovered. (T) 9977772

2.35 FIVB Beach Volleyball. (T) 1320739

3.30 The Grid. (R) (T) 44235642

3.55 British Formula Ford Championship. (R) (T) 44210333

4.25 Ironman 2012. (R) (T) 96168265

4.50 Road to London 2012: That Paralympic Show. (R) (T) 68505468

5.15 Deal or No Deal: Gold Medal Deal. (R) (T) 4302772

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 61819290 **6.10 The WotWots.** (R) (T) 61833870 **6.20 City of Friends.** (R) (T) 61839054 **6.30 Jelly Jamm.** (R) (T) 23570615 **6.45 Peppa Pig.** (R) (T) 53087561 **6.50 Castle Farm.** (R) (T) 53017702 **6.55 Little Princess.** (R) (T) 53007325 **7.05 Ben and Holly's Little Kingdom.** (R) (T) 4410054 **7.20 The Mr Men Show.** (R) (T) 1890306 **7.35 Thomas & Friends.** (R) (T) 8452580 **7.45 Make Way for Noddy.** (R) (T) 8472344 **8.00 Fifi and the Flowertots.** (R) (T) 2487685 **8.10 Peppa Pig.** (R) (T) 4936035 **8.15 Peppa Pig.** (R) (T) 1932590 **8.25 Peppa Pig.** (R) (T) 4924290 **8.30 Roary the Racing Car.** (R) (T) 3272238 **8.40 Bananas in Pyjamas.** (T) 7842344 **8.55 Bert and Ernie's Great Adventures.** (R) (T) 6517180 **9.00 Igam Ogam.** (R) (T) 2686257 **9.15 The Wright Stuff.** 58537054 **11.10 Cowboy Traders.** (R) (T) 8641290 **12.10pm 5 News Lunchtime.** (T) 58458290 **12.15 Big Brother.** (R) (T) 8288509 **1.15 Extraordinary Dogs.** (R) (T) 1401122 **1.45 Neighbours.** (T) 1400493 **2.15 The Mentalist.** (R) (T) 8291073 **3.15** FILM: **A Place Called Home (2004).** (T) 10090899 **5.00 5 News at 5.** (T) 9826238 **5.30 Neighbours.** (R) (T) 2162054

6.00 Monkey Life. (T) 2169967

6.30 5 News at 6.30. (T) 2150219

7.00 The Hotel Inspector. Alex Polizzi visits the Bellingham, a 33-bedroom Victorian hotel in Wigan whose inexperienced manager appears to be badly out of his depth; (R) (T) 5 News Update. (T) 6410967

8.00 Half Built House. Sian Astley tackles a Birmingham home that has been rendered uninhabitable by the ill-advised handiwork of its owner, a newlywed teacher. Last in the series; (T) 5 News at 9. (T) 6429615

9.00 CSI: Crime Scene Investigation. Nick discovers a murderer he helped send to jail is set to have his conviction overturned, so the team reinvestigates the case in a bid to prove the felon's guilt. (T) 6409851

10.00 Big Brother. Coverage of the last 24 hours in the house, discovering how the results of the latest round of nominations has changed relationships among the residents. (T) 6419238

11.00 Big Brother's Bit on the Side. Emma Willis presents the live *Big Brother* round-up, including the usual debates, features, insights and gossip. 8075851

12.00am Banged Up Abroad. (R) (T) 6433913

12.55 SuperCasino. 92394159

3.55 Great Scientists. (R) (T) 15932536

4.20 Michaela's Wild Challenge. (R) (T) 57004159

4.45 Michaela's Wild Challenge. (R) (T) 64452791

5.10 Wildlife SOS. (R) (T) 81313197

5.35 Wildlife SOS. (R) (T) 81779178

WEDNESDAY August 1

Main Channels

BBC1

6.00am Olympic Breakfast. Bill Turnbull and Hazel Irvine present a round-up of national and international news, and a look ahead to the day's events in the Olympic Games. (C) 210401

9.00 Olympics 2012. Mishal Husain introduces coverage of the opening events on day five of the Games, featuring women's swimming heats and rowing semi-finals. (C) 393913

11.30 Olympics 2012. Matt Baker presents the latest from the Games, with John Inverdale at Eton Dorney for the first three rowing finals. Olympics coverage continues on BBC2. (C) 83642

1.00pm BBC News; Weather. (C) 10826

1.30 Regional News; Weather. (C) 92320569

1.45 Olympics 2012. The men's individual road cycling time-trial. Jake Humphrey presents the race, which takes place on the streets of London and Surrey, over a distance of 44km. (C) 88779468

4.00 Olympics 2012. The men's individual artistic gymnastics all-around final. Sue Barker introduces coverage of this afternoon's event at the North Greenwich Arena, which starts at **4.30**. The 24-strong field from the qualifiers will compete on all apparatus – pommel horse, floor, rings, vault, parallel bars and horizontal bar – with places in the individual apparatus finals at stake as well as the medals. Yang Wei of China won gold in Beijing in 2008, finishing almost three points clear of his nearest rival, Kohei Uchimura of Japan. With commentary by Matt Baker, Mitch Fenner and Christine Still. (C) 1710

6.00 BBC News; Weather. (C) 52

6.30 Look East; Weather. (C) 84

7.00 Olympics 2012. Gary Lineker presents all the action from this evening's schedule at the Aquatics Centre, featuring the finals and semi-finals in seven swimming disciplines. This evening's agenda starts with the final of the men's 200m breaststroke at **7.30**, and includes the finals of the **8.09** women's 200m butterfly, **8.17** men's 100m freestyle and **8.57** women's 4x200m freestyle relay. The semi-finals of the women's 100m freestyle discipline are at **7.38**, followed by the **7.47** men's 200m backstroke, **8.24** women's 200m breaststroke and **8.36** men's 200m individual medley. The best chance of victory for Britain this evening appears to be Ellen Gandy in the women's 200m butterfly. The 20-year-old won the silver medal at last year's world championships in Shanghai, finishing behind Jiao Liuyang, who came second in the 2008 Games. Team GB are also well represented in the 4x200m freestyle relay, with the likes of Rebecca Adlington, Joanne Jackson and Caitlin McClatchey among the squad. With commentary by Andy Jameson and Adrian Moorhouse, and poolside reports from Sharron Davies. Plus, updates on the men's football Group A fixture between Great Britain and Uruguay at the Millennium Stadium in Cardiff. Olympics coverage continues on BBC2. (C) 704265

10.00 BBC News. (C) 16449

10.30 Regional News; Weather. (C) 308888

10.40 Olympics Tonight. *See Pick of the day.* (C) 1123888

12.00am BBC News. (C) 4892579

12.10 Olympic Sportsday. Dan Walker presents a final round-up of the fifth day's events at London 2012, and looks ahead to tomorrow's potential highlights. (C) 3754208

12.55 Holiday Weatherview. (C) 5606173

1.00 BBC News. (C) 1844173

Pick of the day

Olympics Tonight

BBC1, 10.40pm

Gabby Logan takes over presenting duties to look back on the fifth day's events at the London Games along with a panel of expert analysts. The two favourites to progress from Group A in the men's football locked horns at Wembley Stadium today, with a Great Britain team captained by Ryan Giggs, pictured, facing a talented Uruguay side. Elsewhere, medals were decided in four more swimming disciplines.

Britain's Strangest Pets

Channel 5, 8pm

Reptile enthusiast Chris Weller searches for a mate for his 6ft-long monitor lizard Hector, and thinks he may have found the answer when he gets in touch with Steve Foo, who keeps 20 of the creatures in his attic. Janey Byrne, who owns a 17st Vietnamese pot-bellied pig, offers an insight into her unusual pet's pampered lifestyle, and Kate Johnson devises a plan to make her overly domesticated hen Floella start laying eggs.

BBC2

6.00am CBeebies: Postman Pat. (R) (C) 9191826 **6.15 Chuggington: Badge Quest.** (R) (C) 3575807 **6.20 Timmy Time.** (R) (C) 6702739 **6.30 The Adventures of Abney & Teal.** (R) (C) 7286246 **6.40 Octonauts.** (R) (C) 7275130 **6.50 Rastamouse.** (R) (C) 7295994 **7.05 CBBC: Deadly 60.** (R) (C) 8219604 **7.30 Horrible Histories.** (R) (C) 98604 **8.00 The Scooby-Doo Show.** (R) (C) 2587371 **8.25 Tree Fu Tom.** (R) (C) 8399536 **8.45 Justin's House.** (R) (C) 177739 **9.15 Heir Hunters.** (R) (C) 9365028 **10.00 Homes Under the Hammer.** (R) (C) 94888 **11.00 Cowboy Trap.** (R) (C) 7020523 **11.45 Cash in the Attic.** (R) (C) 153159 **12.15pm Bargain Hunt.** (R) (C) 9523401 **1.00 Olympics 2012.** The women's individual road cycling time-trial. (C) 3059325 **1.45 Escape to the Country.** (C) 431449 **2.15 Flog It!** (R) (C) 6468886 **3.00 CBBC: 3.00 Ultimate Sports Day;** (R) (C) Diddy Dick & Dom. (R) (C) 5536 **3.30 Copycats;** (R) (C) Shaun the Sheep Championsheeps. (R) (C) 10 **4.00 The Sarah Jane Adventures.** (R) (C) 17 **4.30 12 Again.** (R) (C) 71 **5.00 Newsround.** (C) 4122791 **5.05 Shaun the Sheep.** (R) (C) 5433791 **5.15 Antiques Road Trip.** (R) (C) 1855081

6.00 Olympics 2012. Including the men's individual artistic gymnastics all-around final. (C) 33604

7.00 Coast. Nick Crane explores how Dutch engineers created massive coastal defences following the North Sea floods in 1953 that killed thousands of people in Britain and Holland. (R) (C) 2913

8.00 Restoration Home. Three generations of a family try to restore the Elms, a Grade II-listed Georgian house in Derbyshire that has been unoccupied for eight years and has no stairs or floors. (C) 8333

9.00 Vexed. New series. Charming but idle detective Jack Armstrong gets a shock when he meets his highly ambitious new partner. Comedy drama, starring Toby Stephens and Miranda Raison. (C) 8197

10.00 Olympics 2012. Further coverage from across day five of the Games. (C) 312246

10.40 Newsnight; (C) Weather. (C) 837130

11.30 The National Lottery Wednesday Night Draws. Presented by Scott Mills. (C) 502062

11.35 The Midwives. An insider's view of the profession in 21st-century Britain, beginning at St Mary's Hospital in Manchester, home to one of the busiest maternity units in the country; (R) (C) National Lottery Update. (C) 529994

12.35am Sign Zone: DIY SOS: The Big Build. (R) (C) 1257192

1.35 Sign Zone: Alex Polizzi: The Fixer. (R) (C) 9355314

2.35 Sign Zone: Food Factory. (R) (C) 4894802

3.10 Close

Channel 4

6.10am The Hoobs. (R) (T) 6580401 **6.35 The Hoobs.** (R) (T) 4269246 **7.00 Freshly Squeezed.** (T) 8205401 **7.25 According to Jim.** (R) (T) 8224536 **7.50 Will & Grace.** (R) (T) 9862307 **8.20 Everybody Loves Raymond.** (R) (T) 2583555 **8.50 Frasier.** (R) (T) 4465081 **9.20 Come Dine with Me.** (R) (T) 1506826 **9.55 Come Dine with Me.** (R) (T) 7682517 **10.25 Come Dine with Me.** (R) (T) 8587710 **10.55 Come Dine with Me.** (R) (T) 2463130 **11.30 Come Dine with Me.** (R) (T) 5517 **12.00pm Channel 4 News Midday Summary.** (T) 5679888 **12.05 A Place in the Sun: Winter Sun.** (R) (T) 9558642 **1.05 Jamie's 30 Minute Meals.** (R) (T) 73630739 **1.35 Channel 4 Racing.** Coverage of the second day of the Glorious Goodwood festival. (T) 89749888 **4.00 Deal or No Deal.** (T) 8468 **5.00 Four in a Bed.** (R) (T) 2449 **5.30 Come Dine with Me.** (R) (T) 49

6.00 The Simpsons. (R) (T) 62

6.30 Hollyoaks. (T) 2

7.00 Channel 4 News. (T) 564604

7.55 4thought.tv. Professional hockey player Darren Cheesman talks about why he found comfort in his Muslim faith after a ligament injury ended his chances of competing at London 2012. (T) 350997

8.00 SuperScrimpers. Mrs Moneypenny provides tips on saving money when buying a car, and how to avoid spending a fortune on pets. Harry Wallop tries to get a refund for some disgruntled holiday-makers. (T) 3401

9.00 24 Hours in A&E. A severely underweight baby is rushed into resus with breathing difficulties, and an 18-month-old's urine test results could explain why he has been feeling unwell for five days. (T) 3265

10.00 Secrets of the Shoplifters. The increase in stealing from Britain's stores. (R) (T) 6386739

11.05 Random Acts. Short creative films. (T) 213371

11.10 2 Broke Girls. The duo try to raise money for a new oven. (T) 778623

11.40 2 Broke Girls. Caroline gets addicted to discount coupons. (T) 109739

12.10am New Girl. (T) 1840647

12.40 Music on 4: Summer Daze. (R) (T) 5705376

1.05 Music on 4: Mercury Prize Sessions: Ben Howard. (T) 4445840

1.15 Music on 4: Ibiza Rocks: Kasabian. (T) 4432376

1.30 Music on 4: The Album Chart Show: Spotlight. (T) 7499550

1.45 FILM: Fade to Black (2004). Documentary about hip-hop star Jay-Z. (T) 209802

3.35 Dish. (R) (T) 20210444

3.45 St Elsewhere. (R) (T) 9193463

4.30 Countdown. (R) (T) 5875802

5.15 Deal or No Deal. (R) (T) 4379444

Channel 5

6.00am Milkshake!: Thomas & Friends. (R) (T) 65019604 **6.10 The WotWots.** (R) (T) 65033284 **6.20 City of Friends.** (R) (T) 65039468 **6.30 Jelly Jamm.** (R) (T) 54563046 **6.45 Peppa Pig.** (R) (T) 21501772 **6.50 Castle Farm.** (R) (T) 21531913 **6.55 Little Princess.** (R) (T) 21521536 **7.05 Ben and Holly's Little Kingdom.** (R) (T) 4705468 **7.20 The Mr Men Show.** (R) (T) 2215975 **7.35 Thomas & Friends.** (R) (T) 5001555 **7.45 Make Way for Noddy.** (R) (T) 5081791 **8.00 Fifi and the Flowertots.** (R) (T) 7064604 **8.10 Peppa Pig.** (R) (T) 5172997 **8.15 Peppa Pig.** (R) (T) 7069159 **8.25 Peppa Pig.** (R) (T) 4627802 **8.30 Roary the Racing Car.** (R) (T) 5494361 **8.40 Bananas in Pyjamas.** (T) 7626178 **8.55 Bert and Ernie's Great Adventures.** (R) (T) 9890265 **9.00 Igam Ogam.** (R) (T) 8031081 **9.15 The Wright Stuff.** 43359130 **11.10 Cowboy Traders.** (R) (T) 3822081 **12.10pm 5 News Lunchtime.** (T) 57344197 **12.15 Big Brother.** (R) (T) 4410791 **1.15 Extraordinary Dogs.** (R) (T) 5032130 **1.45 Neighbours.** (T) 5031401 **2.15 The Mentalist.** (R) (T) 4430555 **3.15 FILM: Lies and Deception (2005).** Thriller, starring Madchen Amick. (T) 46162642 **5.00 5 News at 5.** (T) 5334468 **5.30 Neighbours.** (R) (T) 7693555

6.00 Monkey Life. (T) 7690468

6.30 5 News at 6.30. (T) 7674420

7.00 Ice Road Truckers: Deadliest Roads. Ambitious rookies Tim Zickuhr and Tino Rodriguez challenge Hugh Rowland to a race down the "Death Road" to Bolivia's main city La Paz, and Lisa Kelly refuses to let GW Boles drive; (R) (T) 5 News Update. (T) 5008710

8.00 Britain's Strangest Pets. *See Pick Of The Day*; (T) 5 News at 9. (T) 5084130

9.00 Big Brother: The White Room. The housemates face one of the toughest challenges in the show's history, as they experience life in the "white room" – an area designed to limit their sensory capabilities. (T) 6362081

10.30 Big Brother's Bit on the Side: White Room Live. More coverage of the contestants' toughest task. 1443178

11.30 FILM: Police Academy 5: Assignment Miami Beach (1988). The clumsy cops visit Miami for a police chiefs' convention, but a luggage mix-up lands them in the middle of an arms deal. Comedy sequel, starring Bubba Smith, Michael Winslow, Matt McCoy and Leslie Easterbrook. (T) 9586536

1.15am SuperCasino. 46347109

4.00 Great Scientists. (R) (T) 57084395

4.25 Michaela's Wild Challenge. (R) (T) 12920734

4.45 Michaela's Wild Challenge. (R) (T) 64429463

5.10 Wildlife SOS. (R) (T) 81380869

5.35 Wildlife SOS. (R) (T) 81739550

ITV1

6.00am Daybreak. News and entertainment. (T) 648975

8.30 Lorraine. Entertainment and fashion news. (T) 2275449

9.25 The Jeremy Kyle Show. Guests air their differences. (R) (T) 7971623

10.30 This Morning. Celebrity chat and lifestyle features. (T) 99449

12.30pm 60 Minute Makeover. A home transformation in Partington, Greater Manchester. (R) (T) 49420

1.30 ITV News and Weather. (T) 57556197

1.55 Anglia News and Weather. (T) 88036062

2.00 Murder, She Wrote. Jessica is taken hostage. (R) (T) 68975

3.00 Dickinson's Real Deal. From Walsall in the West Midlands. (R) (T) 1791

3.59 Anglia Weather. (T) 9319401

4.00 Midsomer Murders. Part one of two. A woman is killed with a cricket bat. (R) 6046

5.00 Dinner Date. A singleton from Surrey takes part in the matchmaking contest. (T) 6642

6.00 Anglia Tonight; Weather. (T) 20

6.30 ITV News and Weather. (T) 72

7.00 Emmerdale. Moira tells Victoria that Alex is missing her – keen for them to get back together – but she doesn't regret the events of the previous night. Brenda and Eric let Amy know that Kerry is in hospital in a diabetic coma, but are shocked by her reaction, while Jai gives Charity his blessing to start a business venture with Rishi. (T) 7371

7.30 The Lakes. Thick fog descends on the Lake District and threatens to ruin the Great North Swim, one of Britain's largest open-water swimming events. Specially trained dogs help in search-and-rescue operations on the fells, and a couple get married at the scene of their first romantic weekend away – 18 years on. Narrated by Rory McGrath. (R) (T) 4

8.00 Agatha Christie's Poirot. The Belgian sleuth is summoned when Colin Race is distracted from an investigation into a spy ring by the discovery of a murder victim surrounded by stopped clocks. The body was found at the home of blind former teacher Millicent Pebmarsh, but when a second death is reported, Poirot realises the man was killed elsewhere and brought to the scene, though the neighbours prove unhelpful eyewitnesses. Mystery, starring David Suchet, with Anna Massey, Jaime Winstone, Lesley Sharp, Phil Daniels, Geoffrey Palmer and Tessa Peake-Jones. (R) (T) 6975

10.00 ITV News at Ten and Weather. (T) 12307

10.30 Anglia News and Weather. (T) 686178

10.35 FILM: Deep Blue Sea (1999). A scientist develops super-intelligent sharks on an isolated research facility – but the creatures escape and cause havoc. Thriller, starring Saffron Burrows, Thomas Jane, Stellan Skarsgard, LL Cool J and Samuel L Jackson. (T) 33233371

12.25am Jackpot247. Interactive gaming; ITV News Headlines. 77401482

3.00 FILM: Forever Young (1992). A pilot frozen as part of a cryonic experiment in the 1930s is revived 50 years later, and falls for a young mother. Romantic sci-fi drama, with Mel Gibson and Jamie Lee Curtis. (T) 876579

4.40 ITV Nightscreen. Text-based information service. 3449482

5.30 ITV Morning News. (T) 75043

ITV1 Central

As ITV1 Anglia except: 1.55pm Local News and Weather. (T) 3.59 Local Weather. (T) 6.00 Central Tonight; Weather. 10.30 Local News and Weather. (T)

42

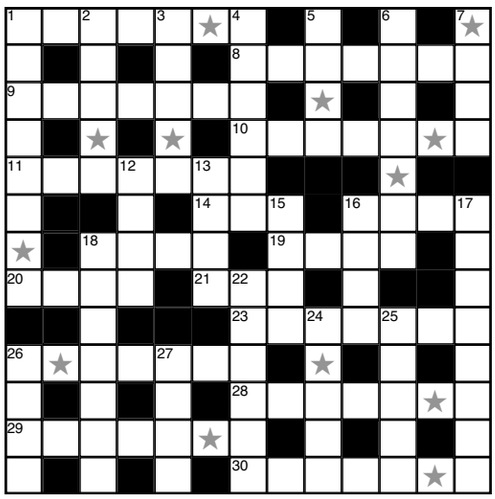
Puzzle Challenge

Every Wednesday in the **Newmarket News**

FOUR PAGES OF CROSSWORDS, QUIZZES, SUDOKUS, KAKUROS - AND MUCH, MUCH MORE

STARSPOT CROSSWORD

Can you find the celebrity name hidden in this Starspot Crossword? Complete the crossword in the normal way then make a note of the letters contained in all the squares which are marked with shaded stars. These letters will make an anagram of the name you are looking for.



ACROSS

1. Computer peripheral (7)
8. Most repulsive (7)
9. Personal belief (7)
10. Each evening (7)
11. Accomplish (7)
14. Epoch (3)
16. Guide (4)
18. Author of verse (4)
19. Highway (4)
20. Acquire by one's efforts (4)
21. Raw iron (3)
23. Pain at side of face (7)
26. Material things (7)
28. Unattached areas of land (7)
29. Evades (7)
30. Domestic fowl (7)

DOWN

1. Likely to happen (8)
2. Rishi (anag.) (5)
3. Two times (5)
4. Messenger (6)
5. Droop (4)
6. Focused on a midpoint (7)
7. Remain (4)
12. Golf club (4)
13. Refuse to allow (4)
15. Vicinity (4)
16. Volcanic matter (4)
17. Illnesses (8)
18. Jut out (7)
22. Oppose (6)
24. Monarch (5)
25. Paddle-propelled boat (5)
26. At an end (4)
27. Duplicate (4)

Each question has four possible answers and is worth from one to 15 points. Circle your chosen answers and keep a record of your points total. Maximum total points 120.

The Accumulator Quiz

QUESTION 1 – for 1 point:
The leaf of which tree appears on the flag of Canada?
A Oak
B Birch
C Hickory
D Maple

QUESTION 2 – for 2 points:
How many squares awarding triple points are on a Scrabble board?
A Four
B Six
C Eight
D Twelve

QUESTION 3 – for 3 points:
Which planet has the Great Red Spot?
A Mars
B Mercury
C Jupiter
D Venus

QUESTION 4 – for 4 points:
What type of creature was Rudyard Kipling's character Rikki-Tikki-Tavi?
A Otter
B Mongoose
C Gopher
D Squirrel

QUESTION 5 – for 5 points:
Which cartoon strip fat-cat was created by Jim Davis?
A Bagpuss
B Garfield
C Heathcliff
D Sylvester

QUESTION 6 – for 6 points:
Where, in London, was the shop of the fictional Demon Barber Sweeney Todd?
A Fleet Street
B Baker Street
C The Strand
D Chancery Lane

Actor Warren Beatty. See Question 9

QUESTION 7 – for 7 points:
To which Scottish clan did the outlaw and folk hero Rob Roy belong?
A MacCallum
B MacTavish
C MacGregor
D MacLeod

QUESTION 8 – for 8 points:
What is the antonym for the word nadir?
A Acme
B Zenith
C Pinnacle
D Alpha

QUESTION 9 – for 9 points:
In which film did Warren Beatty play the American football player Joe Pendleton?
A Heaven Can Wait
B Shampoo
C Reds
D Bugsy

QUESTION 10 – for 10 points:
What is a Kerry Blue?
A A breed of dog
B A fishing fly
C A breed of goat
D A butterfly

QUESTION 11 – for 11 points:
In which castle was the late Princess Margaret born in August 1930?
A Glamis
B Windsor
C Balmoral
D The Castle of Mey

QUESTION 12 – for 12 points:
When did the Euro replace a number of national currencies and become legal tender?
A January 2000
B January 2001
C January 2002
D January 2003

QUESTION 13 – for 13 points:
Which type of dish is known as Scotch Woodcock?
A Anchovies with scrambled eggs on toast
B Herring fried in oatmeal
C Oysters grilled in bacon
D Black pudding with cockles

QUESTION 14 – for 14 points:
Which artist's life was depicted in the book The Agony And The Ecstacy?
A Michelangelo
B Vincent van Gogh
C Caravaggio
D Francisco Goya

QUESTION 15 – for 15 points:
Which US city was once known as Fort Dearborn?
A Houston
B Boston
C Detroit
D Chicago

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SUDOKU

THERE is just one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

			4	8	3		6	
1			6	7				
				1		9	7	
	6		7	9	5			
		5				4		
8		3		6				
6			1	2		7		4
7	4			5		2	1	
		1			7			

Moderate

2				3				
				2	9	4		
7					6			
					3		2	
		2				6		
	4	6			1	9		8
3				6	4			1
		7	8					
	9			5				

Difficult

3			1		9			
								8
			5	7	6		4	
		9						
			7	4				2
		8			2	6	7	
7			3			8		
				5		4		
8		5				2	6	

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CROSS CODE

7	21	19	14	16	2	22	14	■	26	25	6	11
23	■	■	4	■	23	■	16	■	2	■	■	12
10	■	17	2	16	26	4	25	21	7	11	■	5
11	18	11	13	■	11	■	25	■	1	13	11	11
■	■	7	■	2	9	2	5	14	■	8	■	13
2	14	14	23	22	■	24	■	16	25	25	14	7
5	■	23	■	23	26	2	15	11	■	3	■	11
5	2	18	11	9	■	1	■	2	16	2	19	7
6	■	2	■	7	24	11	5	14	■	19	■	■
23	9	6	11	■	11	■	25	■	7	6	25	24
20	■	7	2	14	11	6	6	23	14	11	■	23
21	■	■	7	■	1	■	2	■	11	■	■	13
11	12	23	14	■	7	22	16	11	24	23	13	15

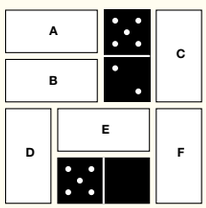
ABCDEFGHIJKLMNOPQRSTUVWXYZ

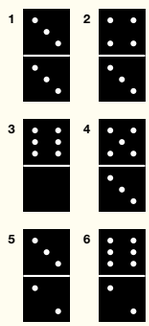
1	2	3	4	5	6	7	8	9	10	11	12	13
14 T	15	16	17 F	18	19	20	21	22	23 I	24	25	26

Each number in the Cross Code grid represents a different letter of the alphabet. You have three letters in the control grid to start you off. Enter them in the appropriate squares in the main grid, then use your knowledge of words to work out which letters should go in the missing squares.
As you get the letters, fill in other squares with the same number in the main grid and control grid. Check off the alphabetical list of letters as you identify them.

SPOT CHECK

Can you place the six dominoes (right) into the grid below in such a way that the number of spots in all four rows across and all four rows down totals the same?





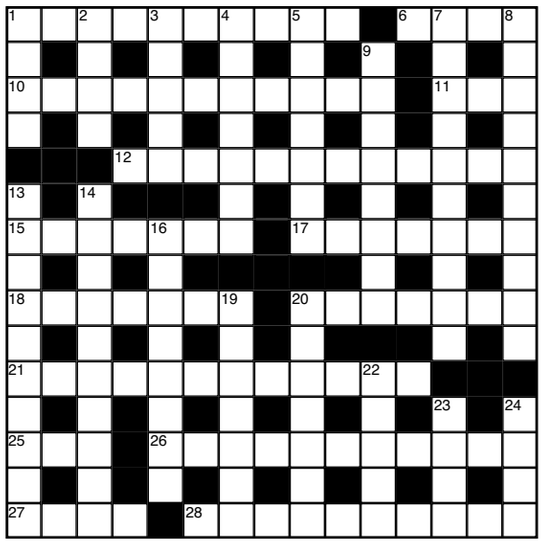
PATHWORDS

Starting from the central shaded letter, move one letter at a time (up, down, right or left, but not diagonally) to find 13 cartoon characters.

M	P	S	B	U	G	S	N	N	R	E
I	N	O	G	I	P	B	U	Y	F	D
S	P	O	R	K	Y	T	N	I	L	F
T	R	A	B	O	O	S	T	O	N	E
B	E	L	M	A	G	D	O	P	E	D
E	R	K	R	C	S	Y	O	U	T	Y
Y	R	C	M	O	O	B	P	A	E	D
H	H	U	E	Y	E	P	O	R	B	A
O	K	C	U	L	A	N	O	D	I	W
U	A	S	D	D	X	T	T	A	G	G
N	D	T	E	R	I	O	P	C	O	Y

General Knowledge Crossword

Who? .... Why? .... How? When? ..... Where?



ACROSS

1. Autonomous region of eastern Africa once ruled as a protectorate by Britain (10)
6. Olympic class of sailing dinghy (4)
10. Dynasty of English kings ruling from 1154 to 1485 (11)
11. Cowardly and despicable person (3)
12. Spectacular theatrical show (12)
15. Karol Józef -------, Pope John Paul II (7)
17. Area of rough water caused by opposing currents (4,3)
18. Lizzie -------, heroine of an Anthony Trollope novel (7)
20. St -------, Anglo-Saxon prelate (c909-988) who became Archbishop of Canterbury (7)
21. Sealed unit used for air intake and exhaust gas discharge in boilers (8,4)
25. The --- of St Agnes, poem by John Keats (3)
26. Conclusion that does not follow logically from the foregoing premises (3,8)
27. Short Scottish dagger (4)
28. Clip used on washing line (7-3)

DOWN

1. Division of a tribe in Ireland or Scotland (4)
2. Deep trench surrounding a fortified place (4)
3. Milky sap of the rubber plant (5)
4. Coastal region of north-west Italy (7)
5. Federal territory of Canada whose capital is Iqaluit (7)
7. Burn up completely, reduce to ashes (10)
8. Coniferous tree yielding reddish timber (6,4)
9. Extinct mammal related to the mastodon and the elephant (8)
13. Another name for the pancreas (10)
14. Shallow lake in the Netherlands formed by building of a dam across the old Zuider Zee (10)
16. Having an intense longing (8)
19. ------- City, nickname for Rome (7)
20. Deviate from original course (7)
22. Trap in drain underneath a sink (1-4)
23. A setting of the aperture on a camera lens (4)
24. Town and district in canton of Valais, Switzerland (4)

WORD WIZARD

Here is an unusual word with three definitions, only one of which is correct. Can you identify the right definition?

EPIDIORITE

1) *A growth on one of the lower vertebrae in the lumbar or sacral areas of the spine;*
2) *A type of metamorphic rock, in which the pyroxene is changed to amphibole;*
3) *An optical device for projecting images of objects.*

DIALLING CODES

Telephone dialling pads combine several letters on one key. Here we have encoded several sets of words or items by using numbers rather than letters. Then we have divided them into groups of three characters and run all the names one after another to make your task a little more difficult. Can you crack the code?

1 [ ] ' –	2 ABC	3 DEF
4 GHI	5 JKL	6 MNO
7 PQRS	8 TUV	9 WXYZ

Spaces and any punctuation marks are represented by 1.

1. *computer parts and peripherals*

666 486 717 746 837 153
926 273 163 667 917 842
516 684 372 627 319 322
261 668 731 773 253 771
768 837 138 437 638 122
253 142 731 374 83

2. *Christian denominations*

776 837 826 817 336 763
317 596 688 412 738 473
615 884 372 612 645 422
617 368 326 782 516 384
634 781 228 465 421 773
729 837 426

3. *cricketing terms*

485 591 767 746 412 732
731 967 537 184 473 162
616 837 847 691 778 273
153 416 887 946 437 153
412 336 731 942 538 124
462 626

4. *items found in a hospital*

797 464 319 433 524 247
128 782 461 927 318 765
539 178 384 672 673 163
342 463 184 376 663 837
175 278 371 226 324 312
331 722 573 5

5. *surnames of composers*

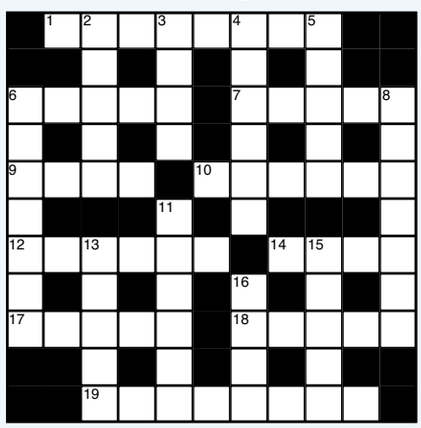
787 235 512 493 816 363
357 764 612 467 461 837
341 233 846 836 135 427
166 927 814 263 351 724
823 781 222 417 872 877
182 424 568 759

6. *types of sweets and confectionery*

486 284 176 251 366 326
812 439 464 148 614 627
867 737 186 333 312 462
652 831 547 867 423 128
883 772 682 413 834 317
377 376 468

SPORTSWORD

A test of knowledge for the sporting enthusiast



ACROSS

1. Country home of the football venue Hampden Park (8)
6. The women's road race cycling Olympic champion (5)
7. See 16 Down
9. Fencing weapon (4)
10. Hearts, Leicester and Dundee United manager (6)
12. ------ Tendulkar, top Indian batsman (6)
14. ---- Skovdahl, Aberdeen manager 1999-2003 (4)
17. ----- Prost, F1 world champion (5)
18. Makhaya -----, South African bowler (5)
19. Irish county, home of Gowran Park horse racing venue (8)

DOWN

2. See 15 Down
3. See You ----, three-time Champion Hurdle winner (4)
4. ------ Ward, Norwich, Blackburn and Bradford forward (6)
5. Sam -----, England rugby full-back (5)
6. Premier League club whose home is Stamford Bridge (7)
8. Former manager of 6 Down (7)
11. ------ Messi, Barcelona player (6)
13. Jim -----, twice F1 world champion (5)
15. & 2 Down. Yorkshire, Somerset and England all rounder and captain (5,5)
16. & 7 Across. Women's finalist at the 1996 Australian Open (4,5)

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PERSONALITY PAIR-UP

Can you identify these six well-known personalities whose faces have been divided into two? Then, with the help of the three clues, can you pair the personalities into groups of two and also decide what links the members of each pair?
Score one point each for identifying who the personalities are, score a further point each for successfully pairing the three couples and a further point each for knowing the reasons why the personalities are linked. The maximum score is therefore 12 points.

CLUE 1
"I never shot him, but I wanted to!"

CLUE 2
Two annual pin-ups?

CLUE 3
Their love had no end, it went platinum in 1981

SIGNWORD

In this crossword the clues are printed in what would normally be the 'black' squares. Follow the signs from each clue to find where the word should fit.

Avoid		Hairstyle	Roll		Lair Army officer		Ocean
Historic periods Tree							
			Unit of heredity				
Warning signal						Weed	
Without	Reverence		Allow Congeal				Married
				Uncooked			
Suffering Man				Exist			
				Guided			

CON TRICK

		R		P		■		L		G	H	T
Q	■		■	L	■	■	■		■	L	■	H
	N	L			D	■	S	N			Z	
	■		■	C		N			■		■	
L		T	T		R	■	F		R	M		R
S	■			S	T	■	T	R		Y	■	Y
■	■	■	M	■	■	■	■	■	L	■	■	■
	■	B		S	T	■	W		L	L	■	S
M		R	D		R	■		N	Y		N	
B	■		■	T			R	S	■	W	■	
	N	C		T		■	S		L		N	T
B	■		■	L	■	■	■	D	■	S	■	
		S			R	■	V		T	T		D

In this cross-word we have removed all the vowels and just left the conso-nants. Can you fill in the gaps, using only the five vowels (A, E, I, O, U) to complete the grid?

MAKE A DATE

In which year did all three of these significant historical events take place?

1. The term 'spamming' is coined after a bug in a computer program accidentally sends 200 articles simultaneously.
2. Czechoslovakia divides into Slovakia and the Czech Republic.
3. The Royal Navy frigate HMS Richmond is the last ship to be launched by Swan Hunter Shipbuilders on the Tyne.

WAS IT? a) 1985; b) 1987; c) 1989; d) 1991; e) 1993.

.... and in which year did all three of these events take place?

1. A small celestial body orbiting the Sun is photographed for the first time but is not recognised as a planet, Pluto, for another 15 years.
2. Comedian Norman Wisdom is born in London.
3. The liner Lusitania is sunk off the coast of Ireland by a German U-boat.

WAS IT? a) 1914; b) 1915; c) 1916; d) 1917; e) 1918.

MISSING LINK

Each pair of words has a missing word between them that acts as a link to both (e.g. FRONT – DOOR – MAT). The initial letters of the six answers (reading downwards) will spell out part of a barrel.

ICING	– – – – –	**CANE**
RICE	– – – – –	**KNIFE**
FALL	– – –	**BRED**
HOLY	– – – – –	**WRITER**
CRUDE	– – –	**SKIN**
DOWN	– – – –	**STILE**

COMMON LINK

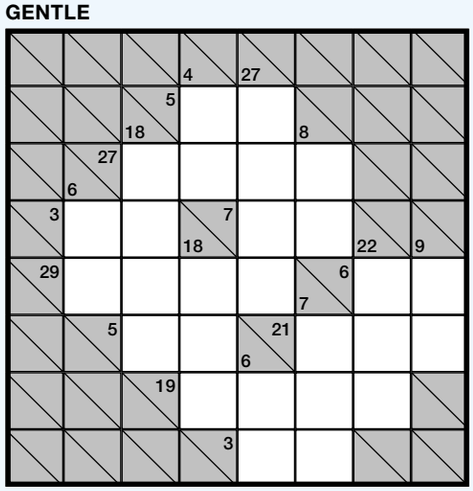
The answers to the following five questions contain a word or words which have a common theme. Can you find the link?

1. What is the nickname of Mrs Cripps, the bumboat woman in Gilbert and Sullivan's HMS Pinafore?
2. What, in Shakespeare's play Hamlet, is the path 'himself of dalliance treads'?
3. Which railway, now run and preserved by volunteers, was part of the old Lewes to East Grinstead line?
4. Which character was played by Patricia Routledge in the TV comedy series Keeping Up Appearances?
5. What name was given to the now obsolete circular type head used on electronic typewriters?

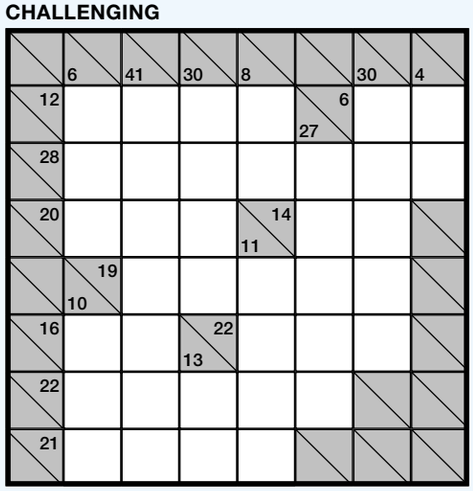
KAKURO

Fill in the blank squares in the grid with numbers so that each horizontal or vertical line adds up to the total given in the box either to the left or above it. Horizontal totals are given in the top right corners of the shaded boxes; vertical totals in the bottom left corners.You can use the numbers 1 to 9, but may not use the same number more than once in any run. The number may be used again, however, in the same row or column but as part of another run.

GENTLE



CHALLENGING



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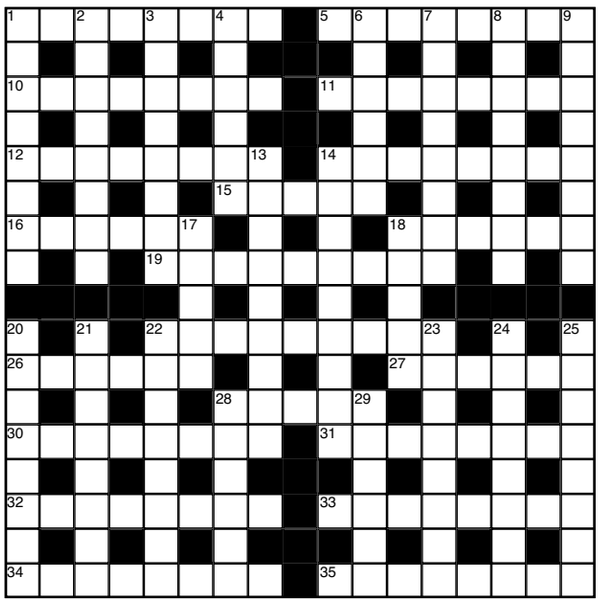
Giant Double Crossword



CRYPTIC CLUES

ACROSS

1. Provided we grabbed swimmer first, loud-mouthed woman appeared (8)
5. In time less courteous visitor who has not been invited (8)
10. Giving up idly with gen I manipulated (8)
11. Lack of oxygen in the blood – it's breathtaking (8)
12. Careless when it sounds like there's no ruin (8)
14. Is constructive again (8)
15. Bigger cuddle with queen (5)
16. Girl tours old northern Italian city (6)
18. Asked for part of breakfast in bed (6)
19. Unhappily a gelid cat had been covered in ice (9)
22. Simon, principal in Scottish port (9)
26. Hat Ann knitted for a boy (6)
27. Reassembling motors in Norwegian port (6)
28. Then Natalie concealed the dye (5)
30. Bullied by Trojan hero and journalist (8)
31. Feeling of warmth from grovelling creature, a beetle (4-4)
32. Travelling at the speed of sound is Maurice's masculine pride (8)
33. Nothing replaced one during holiday job (8)
34. Eden is entering the procession (8)
35. Ties scarves and other items (8)

DOWN

1. Type of package tour fervidly arranged (3-5)
2. Pip has cereal grain for sowing (4,4)
3. Turning eggs west first – like a duck? (8)
4. Polish off or polish up (6)
6. Resent confounded bird (6)
7. Provided new accommodation for another herd going round the river (8)
8. Gloria cuts said science (8)
9. Composition for harp played so extremely daintily (8)
13. Prospered, having made significant progress (9)
14. Reusing garnish he replaced (9)
17. A right stranger (5)
18. Generated on the male side of old (5)
20. Prominent in the atlas (2,3,3)
21. Does it have a souped-up engine for racing? (5,3)
22. Paid and rode off, having made a satirical imitation (8)
23. Appears that ward is a hindrance (8)
24. I'm taking person from Warsaw round something that's rude (8)
25. More vulgar member? (8)
28. Another messenger protected the herald (6)
29. A sweetheart catches cold in the recess (6)

QUICK CLUES

ACROSS

1. Excellent (4,4)
5. Made use of (8)
10. Ruled (8)
11. Rare (8)
12. Contestant finishing second (6-2)
14. Wood spirit (8)
15. Temperate (5)
16. Mint (6)
18. Old silver coin (6)
19. Four-sided figure (9)
22. Limiting factor (9)
26. Mend (6)
27. Leaseholder (6)
28. Three (anag.) (5)
30. Annoying (8)
31. Photographic chamber (8)
32. Equipment accessories (8)
33. Mineral source of tin (8)
34. More noble (8)
35. Discontinue parliament (8)

DOWN

1. Energetic (8)
2. Famished (8)
3. Grower (8)
4. Dagger sign (6)
6. Oil-carrying vessel (6)
7. Means of evasion (8)
8. Theological college (8)
9. Swinging loosely (8)
13. With great speed (9)
14. Wandered (9)
17. Preclude (5)
18. Swift (5)
20. Very angry (8)
21. Machinist (8)
22. Waste food fed to swine (8)
23. Ready -------- (8)
24. Coaxing (8)
25. Headlong rush (8)
28. Political exile (6)
29. Bird of prey (6)

WORDSEARCH

Can you find the ten British birds hidden in this wordsearch? The answers can be found running backwards or forwards, horizontal, vertical or diagonal.

1. AVOCET
2. BARN OWL
3. BLACKBIRD
4. BULLFINCH
5. JACKDAW
6. KINGFISHER
7. LAPWING
8. MOORHEN
9. PIED WAGTAIL
10. SONG THRUSH

F	Y	H	S	U	R	H	T	G	N	O	S
D	M	O	O	R	H	E	N	S	A	R	P
H	I	R	E	H	S	I	F	G	N	I	K
C	L	E	V	O	W	R	E	N	E	D	U
N	A	X	Y	P	U	L	I	D	A	R	B
I	M	G	A	H	W	O	W	Q	U	I	P
F	E	L	S	O	C	A	A	J	E	B	L
L	A	T	N	A	G	E	D	N	I	K	R
L	O	R	U	T	I	N	K	E	H	C	O
U	A	Z	A	V	T	E	C	O	V	A	W
B	K	I	W	O	R	R	A	P	S	L	G
S	L	U	T	H	A	M	J	E	R	B	I

TRAINS OF THOUGHT

What words link the following definitions?

_ _ _ _ E

1. a bird;
2. a good performance at golf;
3. a comic;
4. a ten-dollar coin.

_ _ _ _ D _

1. the front of a building;
2. a false appearance;
3. a collection of poetry by Edith Sitwell.

TRANSFORMERS

Add the letters of the first word to make a new word with the additional letter(s) provided.

Clue: Trouble involved in making wooden skirting.

_ _ _ + D
= D _ _ _

Clue: Turn a motor-racing champion into a spirit.

_ _ _ _ _ + E
= _ _ E _ _ _

ALL THE ANSWERS

SUDOKU EASY

5	9	7	4	8	3	1	6	2
1	3	2	6	7	9	8	4	5
4	8	6	5	1	2	9	7	3
2	6	4	7	9	5	3	8	1
9	7	5	8	3	1	4	2	6
8	1	3	2	6	4	5	9	7
6	5	9	1	2	8	7	3	4
7	4	8	3	5	6	2	1	9
3	2	1	9	4	7	6	5	8

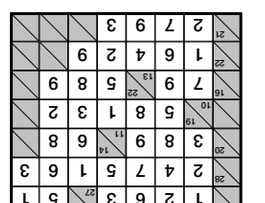
SUDOKU MODERATE

2	1	4	7	3	5	8	6	9
6	8	3	1	2	9	4	5	7
7	5	9	4	8	6	3	1	2
9	7	8	6	4	3	1	2	5
1	3	2	5	9	8	6	7	4
5	4	6	2	7	1	9	3	8
3	2	5	9	6	4	7	8	1
4	6	7	8	1	2	5	9	3
8	9	1	3	5	7	2	4	6

SUDOKU DIFFICULT

3	4	7	1	8	9	5	2	6
5	9	6	2	3	4	7	1	8
1	8	2	5	7	6	3	4	9
2	7	9	8	6	3	1	5	4
6	1	3	7	4	5	9	8	2
4	5	8	9	1	2	6	7	3
7	6	4	3	2	1	8	9	5
9	2	1	6	5	8	4	3	7
8	3	5	4	9	7	2	6	1

KAKURO GENTLE

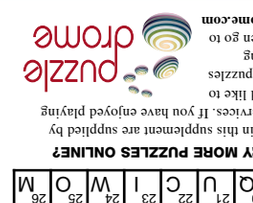


KAKURO CHALLENGING

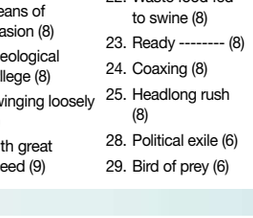
CON TRICK

WORDSEARCH

CROSS CODE



SIGNWORD



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Accumulator Quiz

1 – D; 2 – C; 3 – C; 4 – B; 5 – B; 6 – A; 7 – C; 8 – B; 9 – A; 10 – A; 11 – A; 12 – C; 13 – A; 14 – A; 15 – D.

Starspot Crossword

Across – 1 Printer; 8 Ugliest; 9 Opinion; 10 Nightly; 11 Achieve; 14 Era; 16 Lead; 18 Poet; 19 Road; 20 Earn; 21 Ore; 23 Earache; 26 Objects; 28 Islands; 29 Escapes; 30 Turkeys.
Down – 1 Probable; 2 Irish; 3 Twice; 4 Runner; 5 Flag; 6 Centred; 7 Stay; 12 Diseases; 18 Project; 22 Resist; 24 Ruler; 25 Canoe; 26 Over; 27 Copy.

Star Name – DARCEY BUSSELL

General Knowledge Crossword

Across – 1 Somaliland; 6 Finn; 10 Plantagenet; 11 Cur; 12 Extravaganza; 15 Wolfyla; 17 Title rip; 18 Eustace; 20 Dunstan; 21 Balanced flue; 25 Eve; 26 Non sequitur; 27 Dirk; 28 Clothes-peg.
Down – 1 Sept; 2 Moat; 3 Latex; 4 Ligurla; 5 Nunavut; 7 Incinerate; 8 Norway pine; 9 Stegodon; 13 Sweetbread; 14 Jfsellmeer; 16 Yearning; 19 Eternal; 20 Deflect; 22 U-tube; 23 Stop; 24 Bring.

Word Wizard

No 2 is correct. An epidiorite is a type of rock.

Dialling Codes

A = 5; B = 6; C = 1; D = 4; E = 3; F = 2.

Spot Check

1. monitor; printer; keyboard; memory stick; motherboard; webcam; mouse; speakers; router; Ethernet cable; hard drive.
2. Protestant; Reformed; Plymouth Brethren; Lutheran; Anglican; Pentecostal; Methodist; Catholic; Presbyterian.

3. gully; popping crease; yorker; third man; overthrow; square leg; cutwinger; leg before wicket; chinaman.

Common Link

1 Little Buttercup; 2 The primrose path; 3 The Bluebell Line; 4 Hyacinth Bucket; 5 A daisy wheel. Common link; Types of flower.

Giant Double Crossword

Cryptic: Across – 1 Fishwife; 5 Intruder; 10 Yielding; 11 Asphyxia; 12 Reckless; 14 Rebuilds; 15 Huger; 16 Verona; 18 Begged; 19 Gelatinated; 22 Petehead; 26 Nathan; 27 Tromso; 28 Hanna; 30 Hectorel; 31 Glow-worm; 32 Machismo; 33 Vocation; 34 Paradise; 35 Neckwear.
Down – 1 Fly-drive; 2 Seed corn; 3 Waddling; 4 Finish; 6 Nester; 7 Rehoused; 8 Doxology; 9 Rhapsody; 13 Succeeded; 14 Rebashing; 17 Alien; 18 Begat; 20 On the map; 21 Stock car; 22 Parodied; 23 Drawback; 24 Impolite; 25 Commoner; 28 Hermes; 29 Alcove.

Quick: Across – 1 Very good; 5 Utilised; 10 Governed; 11 Uncommon; 12 Runner-up; 14 Methanol; 15 Sober; 16 Unused; 18 Florin; 19 Rectangle; 22 Parameter; 26 Repair; 27 Tenant; 28 Ether; 30 Tiresome; 31 Darkroom; 32 Fittings; 33 Stannite; 34 Lordlier; 35 Prorogue.
Down – 1 Vigorous; 2 Ravenous; 3 Gardener; 4 Obelus; 6 Tanker; 7 Loophole; 8 Seminary; 9 Dangling; 13 Postbaste; 14 Meandered; 17 Debar; 18 Fleet; 20 Wrathful; 21 Operator; 22 Pigswill; 23 Reckoner; 24 Cajoling; 25 Stampede; 28 Emigre; 29 Raptor.

Trains of Thought

1. Eagle.
2. Façade.

Transformers

1. Ado + D = Dado.
2. Damon + E = Daemon.

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Missing Link

1. The year was 1993.
2. The year was 1915.

Make a Date

1. Protestant; Reformed; Plymouth Brethren; Lutheran; Anglican; Pentecostal; Methodist; Catholic; Presbyterian.

Dialling Codes

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Spot Check

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Transformers

2. Damon + E = Daemon.

drive

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Q3: Here to reign and shine

Crackdown on illegal number plates

POLICE forces across Hertfordshire, Bedfordshire, Cambridgeshire, Essex, Norfolk and Suffolk have joined forces once again to re-visit an operation aimed at tackling vehicles with misrepresented number plates.

Operation Dragon, which started on Monday and runs until August 5, sees the six forces working together to clamp down on the use of misrepresented number plates – which are illegal. Automatic Number Plate Recognition (ANPR) Intercept Teams, road patrol units, and other specialist units will be looking out for number plates that are not displayed in the correct format, which can be hard to read and make it difficult for police to identify vehicles involved in criminal activity.

CRACKDOWN: Until August 5.

Anyone caught displaying a number plate that does not meet the DVLA's criteria will be stopped by police and could face a fine of up to £1,000. In a similar operation earlier this year, nearly 300 drivers were stopped and given formal penalties for using misrepresented number plates on their vehicles.

As part of Operation Dragon, ANPR officers will be looking out for and stopping vehicles with number plates that:

- Display adjusted fixings or bolts which alter spaces or obscure characters to appear as something else.
- Use any font that is not the standard DVLA approved 'Charles Wright' font.
- Use offensive wording.
- Are not easily readable or recognised by the naked eye.

Number plates should also be made from a reflective material. Front number plates must display black characters on a white background and rear number plates must display black characters on a yellow background.

Further details on how a number plate should be correctly displayed can be found on the DVLA website at *www.direct.gov.uk/en/Motoring/PersonalisedRegAndNumberPlates.*

Hertfordshire ANPR manager, Inspector Andy Piper, said: "Following the success of this operation earlier in the year, ANPR teams across the three counties will be involved in the operation to keep the roads safe and deter criminals from coming into these areas to commit crime. Addressing misrepresented registrations is a very important part of our work as plates that are difficult to read and pose a threat to identifying vehicles that may be used for criminal activities.

"If your number plate is not a standard format you could be stopped and face a large fine. I would therefore urge anyone using a misrepresented or non-standard plate to check the legal criteria and if necessary change their licence plate immediately. Ignorance of these regulations will not be accepted as an excuse should you be stopped."

ANPR cameras can read a number plate every second, and compares it against a local and national databases.

Audi's new entry-level Q3

AUDI has just launched its 250th model equipped with an invaluable all-weather traction aid – a new 'entry level' version of the sought-after Q3 compact SUV. The new Q3 2.0 TDI quattro 140PS is available to order from £26,510.

The new model channels the 140PS and 320Nm of torque delivered by its 2.0-litre direct injection diesel engine through a six-speed manual gearbox to the rapid-reacting quattro system. Optimised by engine start-stop and recuperation technology, the highly efficient unit can return up to 49.6mpg according to the combined cycle test, equating to CO2 output of 149g/km. Equally importantly, it can take the Q3 to 62mph from rest in 9.9 seconds and push on to a 122mph top speed where conditions allow.

As usual, SE and S line specification levels are available, the former including 17-inch alloy wheels, rear parking sensors, dual-zone climate control, a Concert audio system with 6.5-inch manually retractable colour display screen, preparation for SD card navigation, Bluetooth interface, Audi Music Interface iPod connection and light and rain sensors.

For details call Vindis Audi on (01223) 414181 or go to *www.vindis-cambridge.audi.co.uk.*

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Mopeds

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Motorbikes

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Tel: 07713 082982 / 01480 407754

Motorcycles Scooters Mopeds
Bought for cash. Any condition, any age, crash damaged, non-runners
07710 324170
01525 759236 T

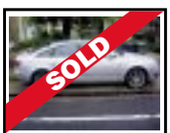
YAMAHA V STAR CLASSIC
Dragstar in the UK, 650cc, low mileage only 8,666, red & silver, 2005 registered, 3 owners, taxed November 2012, 12 months MOT, very good condition
£3,100
07504 269677
01223 575449

Tyres - Exhausts

AT Freds Tyres, part worn tyres guaranteed. Tel: 01353 741279.

Audi

Audi A3
5 door hatchback, Blue, Diesel, Manual transmission, Front E/W, Body coloured bumpers, Electric heated door mirrors, Radio/CD player, PAS, 110,000 miles
£5,000
01223 550823



Audi A6 2.0 TDI SE Saloon
Reg March 2007, Tax to 31-05-13, MOT to 09-03-13, £7k of Audi options including full leather, Colour Sat Nav, Heated seats x 4, Xenon headlights etc, FASH including replaced cambelt, 124,000 miles, Next service due in 14,000 miles, Average 48 - 60 mpg
£7,995
Sold

Citroen

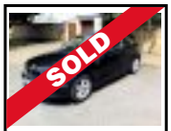
CITROEN C2 1.1 ISX, Petrol, 2004 04 Reg, Red, 47,000 miles, A\C, MOT/ Tax, 3 door hatchback, Excellent condition. £2,700 ono. Tel: 01954 231264.

Sport on Monday Cambridge News

BMW

1999 (V) BMW 323i convertible
Silver, 98k, Immobiliser, M-Tech body kit, Alloys, Switchable sport auto gearbox, Rear parking sensors, E/Roof, E/W, E/M, E/front seats, M-Tech steering wheel, Driver/passenger airbags, C/C, A\C, Front centre armrest, Radio/CD, FSH (just serviced), MOT Jul '12, Great car in vgc
£2,950 ono
07753 744557

BMW 1 Series 116i
4 door, 6 speed, Manual, 2007 (57 plate), Black, 48,000 miles, Full BMW service history, Tax & MOT until Oct 2012
£7,295 ono
07515 967505



BMW 1 SERIES
118d SE, 2.0L, 6 Speed manual, 3 door, Diesel, 2008 (08), Monaco blue, 57,000 miles, usual BMW refinements, FBMWSH, £30 per year road tax, approx 60mpg, MOT May 13, Tax Dec 12
£8,450
Sold

BMW 320d Efficient Dynamic
Manual, 68.9 MPG, 163 BHP, One owner, Full BMW Main dealer service history, Excellent condition all round, Very reliable and economical car, Motor Tax only 20 per year, 111,000 miles
£9,000 ovno
07836 259161

BMW 323Ci Coupe
In topaz blue, Anthracite cloth interior 2000, 126,000 miles, With FSH, Taxed to end December, MOT to April 2013, 7,700 miles to next service, A\C, Cruise control, CD multichanger, Excellent condition & very reliable
£1,995
07792 329361

BMW

BMW X5 3.0i SPORT
Auto, very low mileage, metallic green, leather, alloys, CD multichanger, alarm, immob, r/c/l, ABS, a/b, PAS, park distance control, cruise control, e/w, air con, climate, front fog lights, FSH, ex cond
£7,950 ono
07783 733282
07543 045879

Newmarket News Classifieds
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Commercials

Fiat Ducato 30 100 M-Jet SWB 2.2L
Diesel, 2007, white, 78,000 miles, 5 months tax & MOT, part service history, good condition, very reliable
£3,495 ono
07913 908930

Ford Transit Connect T200L
04 Reg, White, MOT April 2013, FSH, 70,000 miles, Some racking, Excellent condition, 3 new tyres, 2 owners, Good well maintained vehicle, PRIVATE SALE - NO VAT
£2,500
01353 778398
07768 667371

Ford Transit Diesel SWB
1997, R Reg, MOT until end Oct, Tax until end Sept, 147,000 miles, Ply lined inside, Roof rack, Recent Cambelt change
£550 ono
01954 205297
07769 155325

Renault Master 2.8 TDI SWB
1998, White, MOT July, Maintenance, 2 owners from new, History, Good drive, Bargain
£1,000
01799 502702

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Email:
ggvs@btconnect.com

Commercials

Renault Master SL28 DCI
2001, White, MOT Sept, Short wheel base, Drives great, 2 owners from new, Maintenance history, Bargain van
£2,000
01799 502702

Ford

Ford Fiesta 1.2 LX
2004, Crystal Silver, 1242cc Duratec engine, 5 speed manual gearbox, E/W, E/M, PAS, CD, FM radio, 120k, 3 previous owners, Excellent condition, Runs/ drives great, MOT Nov, Tax end July, Any inspection welcome
£1,895
01763 209300
07742 631304

Ford Fiesta 1.2 Freestyle
60,000 miles, 51 regd, 5 door, metallic red, power steering, air conditioning, 12 months MOT, 6 months tax
£1,050
SOLD

Ford

FORD FOCUS 2005
2ltr. Ghia. Dark Met. Blue. Cruise control. Heated seats and front screen. Full beige leather interior. Service history. 12 mths MOT. Very clean car.
£2,995 ono
01480 212462
OR 01954 782220

Ford Focus Saloon 2.0L Ghia
2001, 98,000 miles, Black, Tax Dec '12, MOT June '13, Leather interior, Manual, 6 CD auto, A\C etc, 1 previous owner, Clean comfortable ride
£1,100
07837 262420

State Blue 5 door 1996 1.3 Ford Fiesta LX
MOT to May 2013, Tax to end of July, 85,000 miles, Good runner, Genuine reason for selling, Service history
£500 ono
07740 732172
01763 246464

Sport on Monday Cambridge News

Honda

HONDA Civic 1.6SE, 5 door, 2005, 05 Plate, Silver Only, 41,000 miles, F.S.H. P.A.S. C/locking, E/windows, Airbags, Air. Con, Alloys, Radio/C.D. Player, Colour Coded Bumpers & Mirrors, Immobiliser, Long M.O.T. Taxed, Warranty, Excellent Condition £4250 01799 584327 07779 557267 www.rowleyscars.co.uk T

Honda Civic 1.8 i-vtec special edition

2009 (09), Only 17,000 miles, Alloys, Leather interior, 6 speed manual, Petrol, 1 lady owner, MOT until March, Tax Oct, FSH, Service plan paid to 2015, Excellent condition

£9,750

01223 501322
07907 995531

Honda CRV 1-V TEC SE Sport Estate

Blue, 08-10-2002, 2.0 cc Petrol, 97,000 miles, MOT and Tax, Tow bar and service history, Very good condition

£3,250 ono

07901 808146

Honda CRV 2003 SC Sport

Metallic blue, 97,000 miles, Manual, S/Roof, E/W, A\C, FSH, 12 months MOT, 11 months Tax, Excellent condition

£3,900 ono

07833 102439

Hyundai

HYUNDAI MATRIX 1.6 GSi 5dr Auto Estate

5 Door Estate, Silver, Petrol, Automatic, 3x3 point rear seat belts, Height adjustable drivers seat, Roof rails, Heated door mirrors, PAS, Passenger airbag, 11 months MOT & 4 months Tax, Only 33,000 miles

£2,195

07799 347535

drive

The latest deals and motoring news – every Friday in the Cambridge News

Jaguar

Jaguar X Type SE Auto

Tax & MOT, Very good history with receipts, Green, 95,000 miles, Full leather, A\C, Climate Control, E/W, CD Multichanger, Parking sensors, Heated/electric seats, PAS, ABS, Very good condition

£2,200 ono

07718 123233

Land Rover

Freelander TD4

2005, (55) reg, Grey with cream leather interior, Diesel, Automatic, 5 door, 65,000 miles, A\C, CD player etc, MOT until June 2013, Excellent condition

£7,900 ovno

07773 822363

Land Rover 1996

Discovery, diesel, one year MOT, serviced, good tyres, manual, red, fair condition for year

£1,250 ono

01799 529506
07748 823811
Saffron Walden

Land Rover Discovery 3

TDV6 XS - 7 Seater (Manual), 2007 (07), Zermatt silver, FLRSH, 68,000 miles only, 12 months MOT/ 6 months Tax, Recently new tyres all round, Bluetooth, Full size spare

£14,995 ono

07831 119402
(Ely)

Land Rover Series 3 2.5

Petrol, 1968, Tax exempt, recently fitted all new spring and shock absorbers, comes with MoT and road tax, good all-round condition

Bargain £2,500 ono

01353 698750
07901 136502
phone after 7pm

Mazda

Mazda 2 Sport 09

Petrol 1.5L, vgc, MOT & Tax until Aug 2013, 1 lady owner from new, FSH, 44,000 miles

£6,350 ono

07780 009387
01353 774785

Mazda Bongo

M Reg, 2490cc, Silver, Road Tax end Sept 2012, MOT May 2013, 73,000 miles, Diesel, Automatic, ABS, A\C, Elevating roof, Window blinds, CD player, Original carpets, 8 seater suitable for conversion, Good condition throughout

£4,100 ono

01480 495920
07811 905373

Mazda MX-5 Convertible

Petrol, Manual, Year 2000, Bronze, 59,400 miles, 2 Owners, (Lady owner last 6 years), CD, Heated rear window, recent replacement hood, Great tyres, FSH and old MOT's, MOT until 21/03/2013, Excellent condition

£2,600 ono

01279 815480
07958 166119

Mazda MX-5 Eunos

1992, K reg, 1.6, Green, Crome rollbar, 114,000 miles, Alloys, New cambelt, MOT till May 13, Tax August 12, nice littlel car

£1,450 ono

01440 714227

Too new to view

Mazda MX-5 MK2 1.8

Petrol, 1997, Green, 102,000 miles, CD, heated rear window, recent mohair hood & cambelt, full service history, manual, Excellent condition, Tax end November, alloys, MOT March 2013

£2,225 ono

07941 602957

Newmarket News Classifieds

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Mercedes

Mercedes CLK 55 AMG Cabriolet Convertible

2 door, 2004, Automatic, Petrol, 70,000 miles, Metallic silver, Leather upholstery, Sat nav, Alloys, Radio/CD multichanger, Front and rear E/W, Traction control, R/C/L, Heated door mirrors, Heated front seats, Alarm, Parking sensors, Excellent condition

£10,995 ono

07811 335826/ 01763 249999

Mercedes 2L Compressor Sport Hatchback

2002, Economical 6 speed, Panoramic roof, Below average miles, Good condition, FSH, Recently serviced, 9 months MOT, Tax until end of the year

£2,400

07910 573374

Mercedes 320 CDI Elegance

02 Reg, Full MOT, Tax until end of the month, Silver, Full black leather

£3,250 ono

07525 718598
07709 765606

Mercedes E220 Avantgarde CDI

2008 (08), Auto diesel saloon, 55,000 miles, Long MOT, FSH, Sensor wipers & lights, Fold in mirrors, Leather seats, Alloys, Cruise control, ABS, CD/Radio/Sat Nav, vgc

£13,500 ono

01223 234548
07836 758011

Mercedes-Benz 230 SLK Roaster

1999, Blue, A\C, 12 track stereo system, electric hard top, automatic/manual gearbox, usual mercedes fittings, sold with 1 year MOT, leather interior, private plate, economical to run, excellent condition

New Price £3250

01638 660987

Sport on Monday Cambridge News

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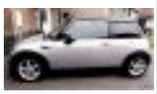
Mini

Mini Cooper Convertible

55 Reg, Black eye purple, 1.6 Petrol, 56,000 miles, Sat nav, Cruise Control, 6 CD changer, Half leather seats, 10 months MOT, Tax until 31/10/2012, Excellent throughout

£7,995 ono

01353 669798
07584 350798



Mini Cooper

Silver and Black, Manual, Petrol, 2003, 75,000 miles, ABS, A\C, Alloys, chilli pack, CD radio with steering wheel controls, Cruise Control, Airbags, E/W, Immobiliser, Half leather seats, Electrics, P/S, S/H, MOT, E/M, Tax, Ex condition

£3,999

01440 704538

Nissan

Nissan Figaro 1991 1L Petrol

Automatic, A\C, 10 months Tax and MOT, Just serviced, 67,000 miles, Right hand drive, Excellent car

£4,500 ono

01480 457118
07808 217031

Peugeot

Peugeot 206

3 door hatchback, May 2005, Petrol, 45,000 miles, 2 owners, Tax and insured, Good condition

£2,500 ono

07842 827297

Peugeot 307 XSI 1.4V Petrol

Silver, 5 door hatchback, 57,114 miles, Registered Nov 2004, CD/Radio, Slight damage to rear near side wheel arch, MOT until October 2012, Tax until end October 2012

£2,200 ono

07854 78562

Peugeot SW 307

1.6 SE 5 door Estate, Manual, Petrol, 2007, Metallic gun metal grey, A\C, Climate, Cruise Control, Immobiliser, P/S, E/S/Roof, E/M, Parking sensors, R/C/L, CD with 5 disc multichanger, Roof rails, ABS, Head restraints, Upholstery Cloth, Multi airbags, Tow bar, 10 months MOT, 6 months tax

£5,000 ono

01223 882010

Porsche

Porsche 944 Lux

MOT until October, Taxed until March 2013. Mechanics good, Bodywork good, interior tatty hence

£1,500

01799 540599

Renault

2004 Renault Espace 2.2 DCI

7 seat Grey, Diesel, Automatic, Steering wheel adjustment, Cruise control, Electric windows/ mirrors, Armrests, Airbags, Alloys, Tow bar, Service history, 6 months Tax, MOT 04/13, 91k - 5 keepers, Excellent condition

£3,100

07729 003495

Renault Scenic 1.6 Oasis Automatic

Petrol, 06 reg, Metalic gold, 31,000 miles, One owner, MOT & Taxed to March 2013, Keyless entry, Cruise control, A\C, Glass roof, Multi CD, New tyres etc, FSH, Tow bar (used with small trailer), Just valetted and ready to go

£3,850 ono

SOLD

RENAULT Clio 1.2 Campus, 5 door, 2007, 57 Plate, Silver, Only 28,000 miles, F.S.H. P.A.S. C/locking, E/windows, Airbags, Radio/C.D. Colour Coded Bumpers, Immobiliser, Long M.O.T. Warranty, Excellent Condition £3850 01799 584327 07779 557267 www.rowleyscars.co.uk T

Renault Clio 1.2 Biarritz

1998, R-Reg, Only 62,000 Miles, Serviced, MOT until December 2012, 6 Months, Road Tax, 3 Door, Low Insurance, Stereo, Excellent Condition

£795

01223 214818
07881 633006 t

Renault Megane FiDJi 16v

Petrol, 2002, Green, 5 door hatchback, MoT April 2013 1/2 leather, radio/CD, recent cambelt and water pump, front brake, pads & shoes and battery all replaced, one lady owner

£1,100 ono

07747 772235

Renault Megane II Estate 2005 1.6L Petrol

5 doors, Manual, Metallic blue, Taxed, MOT-04-2013,FSH with all bills, 3 owners, 79k, All last MOT's available, Expression model with panoramic electric S/Roof, Electric front & rear windows, A\C has just been serviced, vgc, Must be seen

£2,495 ono

07941 788547

Renault Megane Sport Cabriolet

2000 (W), 1600 16v, Silver, Blue electric hood, 112,000 miles, Good order

£995 ono
St. Neots

01480 470478
07545 767729

Rover-MG

ROVER 25 2003 1.4 IL Petrol

3 door hatchback, 46,000 miles, Metallic green, 3 owners, Full service history, MOT March 2013, Remote central locking, Electric front windows, Driver's airbag, Air conditioning

£1,500

07849 322741

Renault Scenic Dynamique S 1.6 VVT

57/ 07, metallic grey, 40,000 miles, A\C, E/W, 6 speed, black leather/ cloth interior, radio/ CD, 8 months MoT, 2 months Tax, vgc

£4,800 ono

07811 355938

living

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Saab

Saab 93 Auto 2.0T Aero Estate

Only 33k, Immaculate inside & out, Black with 2 tone leather, CD, C/L, Cruise, Dual climate control, ABS, Unmarked alloys, E/M, Used as second car, Drives like new, Hence the 33k, Dec 2006 (56) Reg, FSH, MOT May '13, Tax Dec '12

£5,550

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Haverhill

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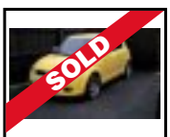
Seat

2006 Seat Ibiza 1.4 Sport
3 door, 36,500 miles, A\C, Isofix, PAS, Alloys, Taxed Jan '13, FSH, MOT and Service April '13, Good condition, Very reliable runner
£3,400
07765 332997
01638 741767

SEAT IBIZA 1.4 Cool/S
Petrol, 2000, 93,000 miles, A\C, E/W, Taxed to May 2013, MOT Sep 2012, new alternator, garaged, no smoking, no pets, oil and filters changed May 2012
£850 ono
07847 287081

Suzuki



Suzuki Swift 1.3GL
2005 (55 reg), 27,000 miles, 3 door hatchback, Colour co-ordinated leather seats, Alloys, A\C, Reverse parking sensors, FSH, MOT & Tax until Sept 2012, One lady owner, Immaculate throughout
£4,000 ono
Sold

Suzuki Swift GLS 993cc
1999, 48,000 miles, Tax 10/31, MOT 5/13, Cheap tax and insurance, E/Locks, E/W, Original suzuki mud flaps all round, OZ alloys, Aiwa CD palyer with mp3, Service history, Excellent condition
£1,150 ono
07716 498073

Toyota

Toyota Yaris 1.3 Colour Collection
5-door, 2005, Silver, 47,000 miles, FSH, MOT May '13, Tax Sep '12, CD, A\C, Good condition
£3,600
07966 297711
01480 461520
St Ives

Toyota Yaris 1.3 T Spirit July 2003, 68,100 miles, 5 door, 12 months MoT, a/c, FSH, reliable, economical car, excellent condition, £2,695. Tel: 01954 250679.

Toyota

Toyota Yaris 2005 1.3 Colour Collection
5 door, Petrol, Manual, CD, A/C, 47,000 miles, Tax Sept 2012, MOT May 2013, FSH to May 2010
£3,600
St Ives
07966 297711

Vauxhall

Vauxhall Meriva 2005
Turbo Diesel, 47,500 miles, Manual, E/W, CD player, A\C, 5 door, Alloy wheels, Tinted windows, Long MOT
£4,999 ovno
07789 115962

Vauxhall

VAUXHALL Corsa 1.2 SXi, 2002, 02 Plate, Met. Ice Green, Only 40,000 miles, F.S.H. 1 owner, P.A.S. C/locking, E/windows, Airbags, Alloys, Radio/Cassette, Air con, Colour Coded Bumpers & Mirrors, Immobiliser, New M.O.T, Warranty, Excellent Condition £2650 01799 584327 07779 557267 www.rowleyscars.co.uk T

Vauxhall Corsa 1.4 Vegas
5 door hatch, 1996, Only 86,000 miles, Red, MOT June 2013, Radio/CD, Good condition, Very reliable
£500
SOLD

Vauxhall Corsa 98R 1.4
Full MOT, PAS, Recent Tyres Cost, £200 Cheap Tax/Insurance, Drives Lovely, Finished in Red
£795
07501 545669 t

Vauxhall Vectra
1796cc, 5 door hatchback, Petrol, 2002, Light navy blue, Alarm, CD, E/W, P/S, long MOT, Excellent condition, First to see will buy
£800 ono
07790 360724

Vauxhall Zafira 1.8 Elegance 2000
X reg Automatic, 7 seater, Silver, Black Leather interior, 92,000 miles, CD, Alloys, A\C, FSH, MOT till January 2013, Tax till end July 2012, Excellent condition, First to see will buy
£1,850
01353 741317
07506 797921

Volkswagen

2003 VW Polo 1.2L
82k, 3 door hatchback, Red, Petrol, Manual, F/E/W, A\C, Rear headrests, Spare wheel, Body coloured bumpers, Airbags, 11 Month MOT, Tax end of July '12, House move forces sale, Good condition inside & out, Original suspension components & steel wheels included in sale
£1,800
01440 706948

VW Beetle Cabriolet Convertible
1596cc, Petrol, 2004, Bue, 45,000 miles, Tax to end October 2012, MOT to mid November 2012, Service history, Good condition
£5,250 ono
07842 827297
Nr Royston

VW CORRADO VR6
M reg'd, 1995, 120,000 miles, FSH, maintained regardless of cost, recent ABS Pump, Cobra Alarm, heater Matrix, refurbished original alloys, untouched & completely original, great condition, 6 months Tax & MOT, reluctant sale, lovely car
£2,750 ono
07807 187775

VW Golf V5
2001, Auto tip-tronic, Green, MOT & Tax, Full cream leather, Stainless steel exhaust, Alloys, Climate Control, A\C, 4 replaced tyres, Full electrics, CD Multi-changer, ABS, PAS, Heated seats, S/Roof, VW service history, Immaculate inside and out
£1,750 ono
07718 123233

Golf Convertible 98R
1 Lady Owner, F.S.H. Tax/MOT 3/13, Recent Cambelt/Service, Cost £1,300 Total, Receipts Enclosed, Superb Condition and Drive
£1,395
07501 545669 t

Volvo

Volvo S40
Petrol, 2003, Red, 93600 miles, MOT till December, no tax, good condition, good tyres, service history.
£1750 ono
01223 504513
07411 203660

Volvo S60 2.4TS 2002
95,000 miles, 6 months Tax, 11 months MOT, Good condition, Alot of service history, Very comfortable, E/W front & Rear, S/S exhaust as Org rusted, A\C, New front ARB links, Front tyres and rear disks
£1,800 ono
07999 566166

Volvo V70 SE D5 Estate
2007, auto, diesel, 185 BHP, metallic dark blue, 57,000 miles, all extras plus entertainment package, excellent condition, FSH
£10,250
07754 154165

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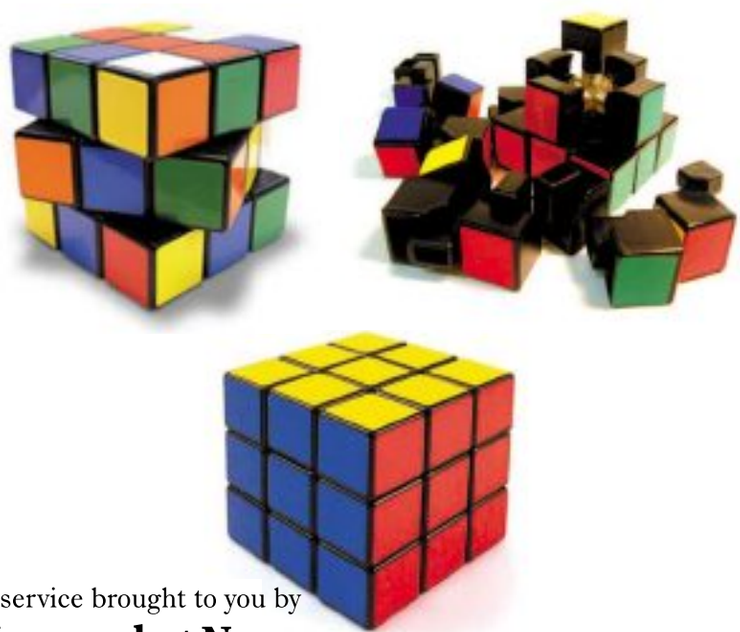

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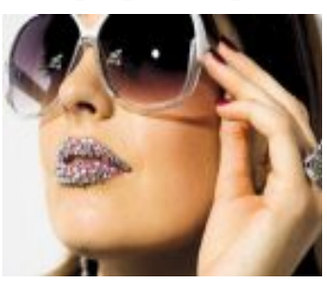

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Round-up:

› Swimming

Winter moving up the rankings

PETER Winter has moved up the national rankings after an impressive performance in the British Youth Nationals at Ponds Forge in Sheffield.

Although he did not win a medal in the multi-class disability 50m freestyle, the Newmarket club member trimmed 0.01sec off his personal best, which now stands at 30.38sec.

Also competing at Ponds Forge were ex-Newmarket swimmers Braddan and Maya Westlake, who now swim for Lincoln Vulcans.

Sixteen-year-old Braddan won the 100m (58.14 secs) and 200m (2.04.61 secs) backstroke titles and was fourth in the 200 medley in 2min 8.24sec, fifth in the 200m freestyle and 16th in the 400m medley. His sister Maya was fourth in the 200m freestyle, 16th in both 100m freestyle and backstroke, 19th in the 200m backstroke and 28th in the 400m freestyle.

■ Newmarket completed their season by finishing second in the Larking on the Lark gala at Mildenhall, with several members of the inexperienced team putting in good performances as they swam up an age group.

The host club came out top with 137 points with Newmarket 15 points adrift, two points clear of third-placed Halstead.

However, the visitors clocked 12 personal bests, from Alexandra Rice (50m breaststroke 1min 01.37sec and 50m freestyle 50.11), JP Gilbey (50m freestyle 37.12), Charlie Davis (50m freestyle, 37.12), Sarah Nash (50m butterfly 36.31 and 100m medley 1.21.75), Alex Hatton (100m medley, 1.21.98), Sophie Bellwood (100m medley, 1.24.56), Stuart Root (open 100m breastroke, 1.36.28), Grace Evans (open 100m breaststroke, 1.31.85), Beth Sampher (50m butterfly, 33.46), Holly Sampher (50m backstroke, 40.00), Sarah Nash (100m breaststroke, 1.32.37).

› Football

Home start for Jockeys

NEWMARKET Town open their Thurlow Nunn League, First Division campaign at home to Whitton United a week on Saturday.

The Jockeys then go to March Town on the following Tuesday.

Their Boxing Day clash is a home encounter against Cambridge University Press followed by a trip to Braintree res on January 5.

However, Town continued their pre-season prgramme against a Cambridge United XI on Tuesday and complete it against Sawston on Friday (7.30pm).

Mildenhall have a busy countdown to their opening Thurlow Nunn League, Premier Division game at home to Gorleston on August 4.

They are at Whitton United on Saturday (3pm) before the international challenge match against USAF Mildenhall at Recreation Way on Sunday (3pm).

Then they are at due to be at home to St Ives Town on Tuesday (7.45pm).

Racing:

Another Great success is Heavens sent

TRAINER John Gosden and jockey William Buick continued their golden run of big-race successes this summer when Great Heavens came with a withering late run to land the Darley Irish Oaks at the Curragh yesterday.

Gosden and Buick suffered a rare reverse at Ascot 24 hours earlier when Nathaniel – a full brother to Great Heavens – lost by a nose to Danedream in the King George VI and Queen Elizabeth Diamond Stakes, but the on-song duo wasted no time in getting back in the winner's enclosure.

Great Heavens, the 5-4 favourite had already added one big purse to the list this season in the Lancashire Oaks, and she continued her progression in startling style.

Buick, celebrating his 24th birthday, looked in trouble two furlongs out as Shirocco Star and Was, respective second and first in the Oaks at Epsom, became involved in a barging match.

But when Great Heavens eventually saw daylight she quickened well to score by three lengths.

Shirocco Star stayed on for second, with Princess Highway third and Was fourth.

Gosden said: "She showed a lot of class and a lot of courage – the ground is very holding, so it's not easy to pick up on that.

"I'd nearly given up hope at the two-furlong marker. I didn't think we'd get out, but she's got a lot of ability.

"She's classy. She had to be asked a really big question in the last furlong and she went and opened up three lengths on the field, so I think it says a lot about her.

HEAVENS FROM THE CLOUDS: Great Heavens storms to victory in the Irish Oaks PA

"She'll be freshened up now and then she'll be in races like the Yorkshire Oaks – she could also have an entry in the Leger."

As for Nathaniel, Gosden hinted he could now take on Frankel in the Juddmonte International Stakes at York.

The four-year-old, whose long-term aim could be another clash with his Ascot nemesis in the Prix de l'Arc de Triomphe in October, could warm up against the world's highest-rated thoroughbred.

■ Connections of Sea Moon are quite optimistic about the future despite the four-year-old's defeat in the King George VI And Queen Elizabeth Stakes. The Sir Michael Stoute-trained colt was beaten just over two lengths in fifth place, his first reverse of the season after wins at Goodwood and Royal Ascot.

Teddy Grimthorpe, racing manager to owner Khalid Abdullah, said: "On reflection he ran a pretty decent race.

"He was beaten just under two and a half lengths. From that point of view, that's not insurmountable as far as the future goes."

Meanwhile, Grimthorpe reported the unbeaten champion colt Frankel to be on course for the QIPCO Sussex Stakes at Glorious Goodwood on Wednesday.

■ Group One winner Planteur is among a 21-strong entry for the Sky Bet York Stakes on Saturday.

Marco Botti's five-year-old landed the Prix Ganay in April 2011, when in the care of Elie Lellouche and has already taken minor honours for the Newmarket trainer in the Dubai World Cup and the Prix d'Ispahan.

Unplaced in the Prince of Wales's Stakes at Royal Ascot on his latest start and Botti will keep an eye on the weather conditions before deciding whether to take his charge to the Knavesmire.

Michael Bell has put in globetrotting duo Allied Powers and Wigmore Hall, while Sir Henry Cecil, who was successful with Twice Over last year, may rely upon Jet Away this time.

Godolphin have four possibles – Dubai Prince, Hunter's Light, Retrieve and Sandagiyr – Luca Cumani has an interesting contender in recent Sandown Listed scorer Afsare, while Roger Varian is looking at this race for Sri Putra and Pekan Star.

QIPCO to extend Guineas tie-up

OFFICIALS at Newmarket were in ebullient mood after QIPCO announced they were extending their sponsorship of the Guineas Festival until at least 2017.

QIPCO Holding, as they are officially known, have agreed a five-year extension to the current deal which encompasses the 1000 and 2000 Guineas, the first races in the British Champions Series each year.

Newmarket's managing director Amy Starkey (left) said: "It is great news for racing and Newmarket Racecourses that QIPCO has shown its long-term commitment to the sport with this enhanced and extended contract.

"It is fantastic that we have such a strong supporter. And, on behalf of Newmarket Racecourses, I would like to thank Sheikh Hamad and his brothers for their continued investment in the QIPCO Guineas Festival and the British Champions Series."

David Redvers, racing and bloodstock manager for Sheikh Hamad bin Abdullah Al Thani and Sheikh Fahad bin Abdullah Al Thani, speaking on behalf of QIPCO Holding, said: "Newmarket Racecourse has played a pivotal role in Sheikh Fahad's increasing involvement and passion for British Racing and, together with his brothers, they are delighted to continue their association with the course through the QIPCO Guineas Festival.

"Sheikh Fahad's first day racing in Britain was at Newmarket to watch Makfi win the 2000 Guineas in 2010. A year later saw the launch of the British Champions Series which was showcased by the awesome display put up by Frankel in the first running of the QIPCO 2000 Guineas.

"Camelot has continued the run of exceptional horses winning the QIPCO 2000 Guineas with his victory this year.

"Both he and Frankel remain unbeaten which says so much for the standing of the 2000 Guineas as the first race in the British Champions Series."

The announcement came 24 hours after QIPCO said they were also extending their sponsorship of British Champions Day at Ascot in October for a further five years, and hoped the day would carry £4million in prize money by 2016.

Hazel swoops for HQ win

HAZEL Lavery came from last to first to claim the Newsells Park Stud Stakes at Newmarket for Charlie Hills.

In a Listed race on Saturday rendered less competitive by the withdrawal of the first three in the betting, Hazel Lavery was a 5-1 chance in the hands of William Carson.

Bolivia and 11-4 favourite Ambivalent were ridden positively and while the former dropped away, the market leader stuck to her task well.

However, first Dorcas Lane and then Hazel Lavery came from further back to take the lead.

It was Hills' inmate whose stamina kicked in close home to score by three and three-quarter lengths and Carson said: "The plan was to hold on to her as we didn't know if she'd stay, but she stayed the mile and a half well.

"Mr Hills' horses are just starting to come to themselves now. This filly proved she's up to this class and the world's her oyster."

■ The July Course stages two more racedays this weekend.

The Friday evening meeting, which is not part of the Newmarket Nights series, starts at 5.40pm while first race on the NSPCC Family raceday on Saturday is 2.15pm.

Cricket: Regional round-up

Defeat could help us in the end, says Ford

Marshall Hatchick Two Counties Championship

RICHARD Ford believes Worlington's 18-run defeat by rivals Hadleigh will give them a boost in the Division Two promotion race.

The captain saw his side dismissed for 198 as they chased 217 for victory, while all the other results went against them.

As well as them losing ground on second-placed Hadleigh, there were wins for leaders Witham and the teams directly below them in the table, Braintree and Ipswich & ES.

"It was a bad game for us," said Ford. "Everyone thought someone else was going to do it and nobody ended up doing it.

"We shouldn't have lost, but we probably needed that. It's a reality check and it could be good for us.

"It wasn't a good weekend for us, and everything that could go wrong did go wrong.

"Hopefully, we'll respond in the right way against Ipswich & ES on Saturday." Craig Estlea and Joey O'Loughlin were the pick of the bowlers with 3 for 44 and 3 for 43 respectively when Hadleigh were all outfor 216.

Worlington were then given a good start thanks to a 55-run opening stand between Tom Osborn (39) and Chris Baugh (12).

But Hadleigh's Ken Henry (6 for 40) eventually took care of Worlington's top order and, despite contributions from Richard Ford (30) and Graham Ford, who was unbeaten on 33, they were all out for 198 in the 44th over.

Mildenhall II were edged out at Easton by a single wicket.

The visitors were asked to bat after losing the toss and could muster only 119 all out, although Ben Shepperson (36) and Ryan Clark (38) put on 50.

Shepperson then took 2 for 36 and left-arm spinner Jack Beaumont bowled well for figures of 4 for 41.

Prince Saheed Akolade also shone by claiming an economical 2 for 20 from 14 overs, but their opponents reached 123 for 9 in the 46th over.

Wet weather meant the match between Exning and Lakenheath and the fixtures involving Haverhill and Mildenhall were all cancelled in Division One.

LOSS ADJUSTER: Richard Ford feels defeat was a reality check for Worlington

Burwell bid held up by tail-enders

Gibbs Denley East Anglian League

WILL Lawton's big knock was only good enough to help earn Burwell a draw at Saffron Walden on Saturday.

After winning the toss, the hosts put Burwell in to bat and it looked to be a good decision when Chris Summerskill went for a duck after being clean bowled by Nick Batcheler.

But opening partner Will Lawton linked up with Kieran Toner and they chalked up 133 for the second wicket before the latter was trapped lbw on 50 by Giles Ecclestone.

Lawton was caught by Andrew Gale off Glen Batticciotto for 84 soon after Glenn Goosen smacked 37 as the visitors set a target of 228 for 6.

Skipper Batticciotto was the pick of Saffron Walden's attack with 3 for 42.

In reply, opener Andy Laws struck 64 before being stumped by captain Paul Summerskill off Josh Vowden's delivery.

Simon Parmenter (59) and Joe Barrs came together to make 54 for the sixth wicket only for both to be run out in quick succession.

With Tom Price going for a duck soon after as well, the hosts slipped from a reasonably comfortable position of 196 for 6 to 196 for 8 as it suddenly became a case of hanging on for the draw.

Despite the efforts of Vowden with 4 for 27 and Toner (3 for 67), Burwell could not dislodge the final batsman and Walden ended with 205 for 9.

THAT WAS CLOSE: Will Lawton takes evasive action from a rising delivery against Saffron Walden SPO845920

Cricket scoreboard

TUCKER GARDNER CAMBS & HUNTS PREMIER LEAGUE

Division Two: Babraham 58 (0) lost to NCI 59 for 2 (20), Warboys 65 (0) lost to Abington 66 for 0 (20), Waresley 167 for 9 (10) drew with Newborough 123 for 8 (8).

MARSHALL HATCHICK TWO COUNTIES CHAMPIONSHIP

Division Two: Mildenhall II 119 (5) Easton 123 for 9 (20), Hadleigh 216 (20) Worlington 198 (9).

Division Five: Wivenhoe II 175 for 7 (20) Mildenhall III 165 (6).

Division Six: Nacton 94 (1) Haverhill II 95 for 2 (20), Long Melford II 214 for 3 (20) Mildenhall IV 174 (4).

Division 8W: Elveden 158 for 9 (20) Haverhill III 36 (4), Lakenheath II 229 for 6 (20) Bury St Edmunds IV 113 (4).

MR CRICKET CCA SENIOR LEAGUE

Division Three: Fordham II 121 (8) Cambridge NCI II 122 (20), Isleham 180 for 6 (20) Madingley 152 (6), Sawston II 199 for 7 (5) Buntingford 200 for 2 (20).

MR CRICKET CCA JUNIOR LEAGUE

Division 5C: Bottisham-Lode II 101 for 3 (20) Weston Colville II 99 for 8 (3), Buntingford II 159 for 7 (20) Burrough Green II 78 (4), Cambridge NCI V 58 (4) Newmarket Town II 59 for 6 (20), Saffron Walden V 47 (5) Newport II 102 for 8 (20).

INVITATION CUP

Cambridge St Giles 79 for 2 Burwell II 78, Yelling v Histon - rearranged for July 29.

JUNIOR CUP

Barley 118 for 2 Girton II 117 for 8, Chatteris II v Godolphin - Godolphin won 3-1 on bowl-out, Sutton v Wilbrahams II - Wilbrahams won on toss of coin, Milton 52 Fulbourn II 60.

■ **Rest of programme postponed.**

Athletics:

A 'beer necessity' as Holley charges home

PAUL Holley was the first to claim his free pint as five Newmarket Joggers made the short trip to Girton for the annual 5k race.

Normally raced on a fast, flat course along trails and footpaths, the heavy rain made it more like a cross-country race in mid-November.

However, the reward for the finishers is a free pint of Pegasus Ale from the Milton Brewery and Holley was the first to get his hands on the liquid refreshment when he finished fourth in 16min 56sec, which also earned him first place in the male v45 section.

Martin Gear was next home, clocking 17.34 for 13th, and he was followed by Stephen Edwards (19.13, second male v45), Stephen Symonds (25.19, 106th), Carolynn Anderson (26.59, 129th), Christopher Aylmer (27.21, 133rd).

■ Holley was just 15sec off his personal best when he travelled to Harlow for the 10m race, which covers an undulating route and is part off-road and finishes on the track at the Mark Hall Sports Centre.

Holley was second overall in the field of 278, clocking 56.34, while Ben Blowes, now back in training for an autumn marathon, clocked 1.07.53.

■ Another contingent of five Joggers headed to Littleport for the 10k, where they collected the team prize.

First home was Denys Olefir in 36.22 which earned him fourth place and he was followed home by Greg Davis (37.31, 10th), Martyn Taylor (38.24, 12th), Neville Clarke (42.40, 30th) and Lisa Redman (49.31, 72nd).

Three Junior Joggers competed in the 1.5k fun run with Austin Taylor the first under-11 home in 7.11, which earned him fourth overall.

Kallum Taylor-Whiffen was seventh in 7.25 with William Taylor – Austin's brother – 17th in 9.30.

■ Neil Williamson trekked north for Alnwick Harriers' Northumberland Coastal Run, which attracted 1,150 entries for a 14-mile race over all types of terrain.

Starting at Beadnell Bay and following a route past Dunstanburgh Castle and through Crastor, it finishes on the beach in Alnmouth.

Williamson clocked 1hr 47min – five minutes faster than his effort last year – a creditable effort considering he ran the Over the Edge Marathon at Wenlock Edge only two weeks ago.

It was his first trail marathon – incorporating hills, bogs and some tough terrain – and he finished in 5hr 41min, which illustrates what a tough event it was as his usual road marathon time is two hours faster.

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Sport
www.cambridge-news.co.uk/sport

Guineas bonus for HQ

page 54

Officials delighted as sponsors agree to back the Classics until 2017 at least

Motorsport: World Touring Cars Championship

Pass-master Rob: I needed to win in Brazil

BUBBLING OVER: Rob Huff in celebratory mood on the podium after winning the second race in Brazil

ROB Huff believes his overtaking move on Gabriele Tarquini that secured victory in the second of Sunday's two World Touring Car Championship races in Curitiba, Brazil, was crucial to keeping his title hopes alive.

The Cambridge driver had finished third in race one behind Chevrolet team-mates Yvan Muller and Alain Menu.

But his win in the second helped him close the gap to 17 points behind Muller, who was fourth in race two. Menu was second and Tarquini third.

"It was a fantastic weekend," said Huff, who passed the Italian three laps from the end of the race.

"The win was just what we needed, so I'm very pleased.

"The key to winning it was my move on Gabriele, which I was quite pleased with. I saw I had a bit of a gap to Alain and I knew on that particular lap he wasn't going to be able to come up the inside of me. I saw Gabriele was breaking earlier and earlier into turn one, so I took a risk around the outside and it paid off."

He added: "It was really tough to beat him, but I knew I had to try and overtake him if I wanted to keep my hopes alive in the championship fight.

"Gabriele was a fair player and did not make any hazardous manoeuvre when I made my move. Eventually he did me a favour by keeping Yvan behind."

With just 17 points between Muller and Huff, and four rounds remaining, the race for the title is still wide open.

The series moves to Sonoma, California – a new circuit for the World Touring Car Championship – on September 23 and Huff remains confident about his chances of success, saying: "Anything can happen yet."

Muller leads the championship on 287 points. Huff is second on 270 and Menu third with 250.

Speedway

A pair of aces!

LEWIS Blackbird conceded his decisive last race was one of the worst he has ridden but he and Fen Tigers team-mate Cameron Heeps claimed victory to earn the National League Pairs Championship for Mildenhall.

The duo had put themselves on the brink of silverware, needing only second in their third and final race, having hammered Buxton in their first and edging out Scunthorpe in the second.

And they duly came through, occupying second and third in their final ride, before Australian teenager Heeps powered under Dudley's Tom Perry on the third turn to add shine to their glory.

"We wanted second and I wasn't sure what to do," said Heeps. "I felt quick and thought I'd go for it, so I went under Perry.

"We both rode well and helped each other out, which is what it's all about in the Pairs. I'm chuffed about winning it. It's good for the fans and I really enjoyed it."

Skipper Blackbird, who was born the year the last time the club won the Pairs in 1987, said: "We're buzzing. Cameron was awesome, we helped each other.

"I was told all we needed was a second and I raced conservative. That was one of my worst races I've rode. I left a gap too wide for Byron Bekker to get through but Cam got to the front – he'll go a long way in this sport.

"I thought Buxton would be the strongest and it was a big step forward when Rob (Branford) made a mistake and we got a 7-2 in our first one. That was an important win."

WELL DONE: Lewis Blackbird and Cameron Heeps collect their trophies from Peter Morrish

The Mildenhall pair then secured another major advantage in their second race in the final when Scunthorpe's Tom Young drifted wide allowing Blackbird through for third, with Heeps winning.

Mildenhall and Scunthorpe had earlier dominated their respective groups, with Blackbird holding off Buxton's charging Charles Wright on the line in the Tigers' closest group race.

Result: 1 Mildenhall 17 (Heeps 11, Blackbird 6), 2 Buxton 14 (Branford 8, Wright 6), 3 Dudley 12 (Perry 10, Bekker 2).

■ Fen Tigers are at Buxton on Sunday in the National League (3pm).

Gutsy Nielsen boosts Tigers

Mildenhall Fen Tigers 53 Buxton 40
NATIONAL LEAGUE

BATTERED Stefan Nielsen rode through the pain barrier to steer a Mildenhall side, devoid of their two main stars, to their seventh and toughest league victory.

The 17-year-old suffered back and neck injuries after being flung through the air in his first ride, when he used the fallen Adam McKinna as a ramp.

But Nielsen won the re-run, as well as three other races, and only dropped points when his bike reared at inopportune moments when he fought for the lead. Hospital X-rays confirmed bad bruising.

"As Adam spun around and faced me, I closed my eyes and hoped for the best," said Nielsen.

Josh Bates won admirers with a coming-of-age performance – a pass between two opponents in heat eight topping his night – in an impressive Fen Tigers win achieved without Cameron Heeps and Lewis Blackbird.

Mildenhall – Nielsen 16 (6 rides), Jacobs 13 (6), Bates 9+3 (6), Halsey 9+2 (5), Baseby 4+2 (4), Dailey 2 (3.)

Buxton – Wright 11+2 (5), Branford 10 (5), McKinna 9 (3), Widman 4 (5), Blacklock 3 (4), Priest 2 (4), Felton 1 (4).

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